

PICKLEBALL *from B1*

It was not a good sign when I was wielding an old (and peeling) wooden paddle that I had dug up from the depths of my parent's garage while everyone around me had fine-tuned graphite paddles. But upon seeing that I was young and naïve, I was oh so kindly directed to a bin where I could borrow a paddle.

My assumption that my youthful exuberance would translate to instant success on

the court was quickly proven wrong as my best friend and I were handily defeated early on. It did not matter that our opponents were 40 years our senior, it mattered that they knew the game and things such as "strategy" and "placement" and we were not quite there.

But I kept playing and started to understand the game and have grown past the level of merely competent to a level such as "possibly kind of skilled" and "playable." I would consider myself the Oregon Ducks football

equivalent on the local pickleball scene: looks the part, should probably be better, encouraging signs of growth.

It was more of the same – with the group being a touch younger – when I played last week for the first time in Cottage Grove. Me and the other youngest player on the court, a spritely 61-year-old, were able to team up for success.

For some reason, this beautifully simple and fun game has become the best-kept secret by all those born before 1963. It

baffles me but I am saying no more. I am breaking up this secret society and will expose this perfect game to the world. Put it on ESPN, put it in the Olympics, give me youth leagues, collegiate pickleball, the full works. I'm ready to lead this revolution for all of Gen-Z until this game is in the mainstream.

But until then, can I, uh, borrow a paddle?

Golf Scores:

Middlefield Men's Club Monday 11/12/18 Game: 3, 2, 1 Points

First Place: 94 Ron Ackerman, Adrian Chatigny, Frank Gates, Steve Lindholm

Second Place: 88 Jack Doleman, Larry Emery, Gary Ingram, Mike

Stahl Thirds Place (tie): 87 Manny Anderson, Phil Hamilton, Don Hanly, Rick LeBrun BD

Fifth Place (tie): 86 Jim Cunningham, Rick LeBrun, Bob McCarty, Gary Welch

Caring for your Health

WE OFFER:
 •Spine Care •Orthopedic/Sports Rehab
 •Job Injuries •MVA •Foot Care
 •Chronic Pain Syndrome •Stabilization Therapy
 •Manual Therapy •McKenzie Method
 •Women's Health •Pelvic Floor Rehab
 •Aquatic Therapy

• FREE & unlimited access to Anytime Fitness Club during clinic hours
 • Lunchtime, evening, early morning appointments
 • Convenient location within the Safeway Plaza

Cottage Grove Physical Therapy
 A Merit Rehab Facility

1498 E. Main St., Suite 109, Cottage Grove • 541-767-2750 • www.cottagegrovept.com



South Valley Athletics would like to thank everyone who made the fall season another great one! Coaches, board members, referees, the school district for the use of their property, the kids and all the amazing spectators who came out each Saturday to cheer the kids on! We would also like to thank the following sponsors for supporting our program this fall:

Thank you to the following businesses for sponsoring a team in our league this season:

- Birch Avenue Dental
- Cottage Grove Community Acupuncture
- Cottage Grove Sentinel
- D&D Automotive
- Drain Saw Shop
- Dreamworks Builders
- Edward Jones
- Fit4You
- Pac West Heating & Air Conditioning
- Radcliffe Real Estate
- Rainbow Bridge Doula
- Romeros Floor Covering
- Smart Pit Bull Software
- Timberline Dental

211 N. 9th Street. • 541-942-3079
www.southvalleyathletics.org



The businesses on this page are:

SUPER FANS

They proudly support our local student athletes. Please show your appreciation by patronizing their businesses.

COTTAGE GROVE HIGH SCHOOL

NORTH DOUGLAS HIGH SCHOOL

YONCALLA HIGH SCHOOL

ELKTON HIGH SCHOOL

**No games this week.
 Winter sports will begin 11/28.**

Rogers & Son
 Floor Covering • Window Covering
 Saunas • Swimming Pool & Hot Tub Supplies
 Dave & Carol Rogers

(541) 942-0500 1324 E. Main
 (541) 942-0750 P.O. Box 40
 (541) 942-0017 Fax Cottage Grove, OR 97424
www.rogersandsonfloorcovering.com

Cottage Grove Sentinel
www.cg sentinel.com

FOLLOW US ON

@cgsentinel @cgsentinel #cgsentinel

LIKE US ON Cottage-Grove-Sentinel

Pac-12

WEEK 13

Friday, November 23
 Oregon @ Oregon State 1:00 PM FS1
 Washington @ Washington State 5:30 PM FOX

Saturday, November 24
 Stanford @ UCLA 12:00 PM Pac-12
 Arizona State @ Arizona 12:30 PM FS1
 Colorado @ California 4:00 PM Pac-12
 Notre Dame @ USC 5:00 PM ABC
 BYU @ Utah 7:00 PM FS1