



BERKSHIRE MOUNTAIN PICKLEBALL

December 2023



Berkshire Mountain Pickleball Mission Statement

BMP provides an inclusive, welcoming environment for Berkshire residents and visitors to actively participate in the sport of Pickleball that is easy to learn, fun to play, socially oriented, and promotes wellness and vitality among people of all ages and backgrounds.

*Happiest of
Holidays to
everyone*



Oh What A Night!

We all had so much fun at the Holiday Gathering. Thank you to Jan for pulling it all together for us! Great dancing music by DJ Bizz and fantastic food, drinks, and service by the ITAM staff.

Also, thanks to Tony Riello for the warm words and hilarious comments! Tony eloquently *honored our very special Mike Gilardi* as the founder of BMP, the driving force behind getting us to play at public courts in Pittsfield, pushing to get new courts built, teaching endless hours of intro to Pickleball and laying the groundwork for this wonderful club we all belong to.





Steering Committee Changes

A HUGE thank you to Phil Landa who is leaving our committee. Thank you for helping over the last year. A warm welcome to Paul Rodhouse, a friend to many!

Playing Schedule

A reminder....

There is no play at the Boys and Girls Club during the school vacation. There is playing going on at BCC and the Y. You must do all of that on your own though. Those are not scheduled by BMP.

So Long Snowbirds!

Another great season of playing with you all! Enjoy your time in the sun!

Rules and Regs!

Recent Email

We recently sent out an email to clarify some of our rules and regulations. Let us know if you think that helped. And if you didn't receive it, please ask us, we will resend it to you.

And for your information!

Calories Burned When Playing Pickleball Doubles

Body Weight	Calories Burned per Minute	Calories Burned in 30 Minutes	Calories Burned in 60 Minutes
125 pounds	4.90	147	294
150 pounds	5.80	174	348
175 pounds	6.75	203	405
200 pounds	7.75	233	465
225 pounds	8.70	261	522



Be Well and Enjoy your holidays Picklers!

Your Steering Committee Members

Tony Riello	chiefajr@live.com
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“Pickleball is a Gift”



Sometimes when we realize how wonderful it is that we found the game of pickleball we have to stop and count our blessings and understand that in many ways pickleball really is a gift.

For many who have reached ‘the age’ or who are fast approaching it, pickleball has been a revitalization. Lost was their hope of ever playing anything remotely in the form of a sport again. Yet, there they are returning serves, hitting dink (a word that wasn’t even in their vocabulary) shots and congratulating friends at the net with a renewed enthusiasm for competing.

Sometimes people play in small groups of eight to ten. There are times though these groups will number in the hundreds. Whether big or small, new friends are found. Count how many dear friends you have acquired since you started playing pickleball. Amazing, isn’t it? Pickleball importantly breeds social opportunities. It’s from all of these opportunities that we can look forward to each and every day with guarded optimism that we will not let our partner down or that we will play better than the last time we played pickleball and perhaps meet a new friend.

Certainly, there are some aches and pains. It’s all part of being active regardless of what we do at any age. On the flip side, however, just how much fun is it that a grandparent can teach their grandchildren a sport that maybe their own children don’t know much about. It’s all part of the gift that pickleball gives to us every time we step onto the court. It keeps us going strong.

We all know the look we get when someone comes up to us and asks, “What is pickleball?” From now on we should not be embarrassed to tell them proudly that “Pickleball is a Gift.” It’s a gift that brings so much joy to our lives and it can do the same for them if they only give it a try.

Pickleball Magazine (circa 2018)