



Your PickleFix Newsletter

INSIDE, WE ALSO LOOK AT...

- 2 - England News
- 3 - Scotland News
- 4 - Wales & NI news
- 5 - Junior Scene
- 6 - Club Spotlight
- 7 - Equipment
- 8 - Events
- 9 - Tips & Insights



The Welsh Open: A Landmark Event for UK Pickleball

Historic Tournament Heads to Cardiff This September

Pickleball history will be made this autumn as **Pickleball Wales** and **Pickleb.co.uk** present the **first-ever Welsh Open**, taking place from **4–7 September 2025** at Cardiff Metropolitan University.

Spread across two world-class venues — the **National Indoor Athletics Centre** and the **Cardiff Met Tennis Centre** — the event will feature:

- Over 30 courts available for play
- Seating for more than 750 spectators
- Vendor, sponsor, and player village areas

Competitors will battle it out across multiple categories:

- Men's, Women's, and Mixed Doubles
- Men's and Women's Singles
- Team events
- Wheelchair divisions

Age groups will include **18+, 35+, 50+, and 60+**, with play across all skill levels from **3.0 and above** through to **Open level**.

This is more than just a tournament — it's a landmark moment for pickleball in Wales and the broader UK scene. The Welsh Open reflects the explosive growth of the sport, attracting players from across Britain and beyond to compete, celebrate, and connect.

Registration is now open!

Players can sign up via evregsys.com, and full event details are available at welshopen.org.

Expect fierce competition, electric energy, and an unforgettable few days in Cardiff this September!

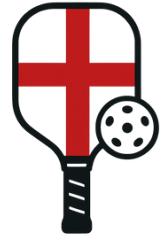
Yours in Pickleball,

Jason Preston
Founder, Pickleston



pickleston.com

Pickleball in England: Regional Updates



Rainford Pickleball Club (Merseyside)

Rainford Pickleball Club has launched a new outdoor pickleball facility at Rainford Tennis Club, offering members year-round access. Weekly sessions continue indoors at Rainford High School every Monday and Thursday evening. A Summer Pickleball Competition is scheduled for 22 June 2025, promising an exciting event for players.

University of York Pickleball Club (Yorkshire)

The University of York Pickleball Club has been actively engaging students in the sport, fostering a vibrant community on campus. Their social media channels highlight recent matches and training sessions, encouraging participation among newcomers.

My visit to David Lloyd Derby and Derby Pickleball Club

Derby Pickleball Club, made me extremely welcome. Their club is thriving with expanded sessions to meet growing demand. Great to play in their Sunday afternoon Advanced Session with a mix of ages and genders. I played against one of the Gold Medal winning players from the 2024 Scottish Open - I lost!



Northern Souls Pickleball Club (Lancashire)

Launched in March 2024, Northern Souls Pickleball Club is one of Lancashire's newest and fastest-growing clubs. Led by certified coach Lindsey Hammond, they offer beginner-friendly sessions at St Wilfrid's Academy in Blackburn. The club emphasizes inclusivity, welcoming players of all ages and abilities. Their vibrant community spirit is evident both on and off the court. Check out their social media channels for forthcoming sessions.

2nd Exeter Cup – August 23–24, 2025

The 2nd Exeter Cup returns to the University of Exeter's Streatham Sports Park on August 23–24, 2025. Organized by Exeter Pickleball Club, this tournament invites pairs to compete in a weekend of exciting matches. Following the success of the inaugural event, the 2025 edition promises to be even more engaging for participants and spectators alike. For more details and registration, visit exeterpickleballclub.co.uk.

Exeter Pickleball Club (Devon)

Exeter Pickleball Club continues to grow, offering vibrant weekly sessions at the University of Exeter's Streatham Sports Park. The club welcomes players of all abilities, fostering a strong community through coaching, socials, and tournament hosting.

Pickleball in Scotland: Regional News



Grampian Pickleball Club (Aberdeen and Aberdeenshire)

Grampian Pickleball Club has grown rapidly to 100 members across Aberdeen and Aberdeenshire. They offer a full programme of social and competitive sessions at six venues each week. Plans for 2025–26 include launching a juniors section and introducing pickleball into local schools. With medal-winning players and a fun, welcoming vibe, Grampian is leading the way in Scotland. [Visit the Club Spotlight page for more about this fantastic club.](#)

Lomond Pickleball Club (Dumbarton, Helensburgh, Clydebank)

Lomond Pickleball Club continues to grow, boasting almost 100 active members across Dumbarton, Helensburgh, and Clydebank. The club offers five weekly sessions and welcomes players aged 8 to 80 of all abilities. Recent highlights include taster sessions for newcomers, a club festival, and participation in the Pickleball Scotland League. Their vibrant community spirit is helping to cement pickleball's popularity across West Scotland. (lomondpickleball.com)



East Lothian Pickleball Club

East Lothian Pickleball Club hosted a lively Easter tournament in April 2025, bringing together 32 players for a day filled with spirited matches and unexpected treats. Building on this momentum, the club is excited to announce its inaugural Club Championships, set to take place in June. With a rapidly growing membership and a calendar full of events, East Lothian continues to foster a vibrant pickleball community. Stay updated on their activities through their social media channels.

Edinburgh Pickleball (Scotland)

Edinburgh Pickleball continues to offer lively weekly sessions across four venues, welcoming players of all skill levels aged 18+. Following growing demand, their sessions on Monday and Thursday evenings and weekend mornings remain hugely popular. The club recently updated its programme to include new tournament opportunities and festival participation. With an inclusive and energetic vibe, Edinburgh Pickleball is thriving as Scotland's capital hub for the sport.

Pickleball Scotland 3.5+ Tournament – October 4–5, 2025

Pickleball Scotland is set to host a competitive tournament for 3.5+ players on October 4–5, 2025, in Edinburgh. This event invites skilled players from all nations to engage in high-level matches and community building. Details regarding registration and venue specifics will be announced soon. Stay updated through Pickleball Scotland's website and social media channels.

Wales Pickleball - Regional news



Welsh Open 2025 (Cardiff)

The inaugural Welsh Open, covered as this issue's front-page story, promises to be a landmark event for pickleball in Wales. Held from 4–7 September 2025 across Cardiff's premier venues, it will feature singles, doubles, mixed, and team events. Over 30 courts and 750 spectator seats will create a festival atmosphere for players of all levels. Full details and registration are available at welshopen.org.



Pickleball Wales Launches New Website

Pickleball Wales has unveiled a brand-new website, making it easier than ever to find clubs, events, and the latest news across the country. The new platform highlights inclusivity, community, and accessibility, welcoming players of all ages and abilities. A Welsh-language version is coming soon, reflecting the organisation's commitment to bilingual engagement. Explore the site and join the growing pickleball movement at pickleballwales.org.

Diadem Pickleball Event – June 14–15, 2025 (Cardiff)

Cardiff is set to host the Diadem Pickleball Event on June 14–15, 2025, at the Cardiff Met Tennis Centre. This tournament, organized in partnership with Diadem, promises competitive play and community engagement. Players of various skill levels are encouraged to participate. For more details and registration, visit pickleb.co.uk

Franklin Pickleball Event – September 20–21, 2025 (Gwent)

The Franklin Pickleball Event is scheduled for September 20–21, 2025, in Gwent. This tournament, part of the Franklin Tour, offers players an opportunity to compete and connect within the pickleball community. Details regarding the venue and registration will be announced soon. Stay updated by visiting pickleb.co.uk.

Pickleball Ireland News



Pickleball Ireland

Pickleball Ireland continues to expand rapidly, with over 40 clubs now listed across the country from Dublin to Dingle. The association actively promotes national tournaments, including the Irish National Championships, and school outreach programmes. Their "Blueprint Strategy" aims to build a strong, inclusive community at all playing levels nationwide. For club locations, events, and membership details, visit pickleballireland.org.

Ulster Open – June 28–29, 2025 (Craigavon)

The Ulster Open returns this summer at South Lake Leisure Centre in Craigavon. Scheduled for June 28–29, 2025, the tournament will feature competitive play using Gamma Photon indoor balls. Players from across Ireland are expected to participate in this exciting event.

Belfast Pickleball Club (Belfast)

Belfast Pickleball Club offers regular sessions at David Lloyd Belfast, welcoming players to try something new and connect with others in the community. With 16 spots available per session, interested participants are encouraged to book through the club's app or at the reception desk.

Junior Pickleball Scene

21 & Under Championships – 26 July 2025 (Surrey)

One British Pickleball presents the inaugural 21 & Under Championships, taking place on 26 July 2025 at Surrey Sports Centre. The event invites young players to compete at a high level and showcase the future stars of British pickleball. Supported by RSI Sports Group, Picklecourt, and Core Pickleball, it promises a day of elite competition and energy. Further details and registration can be found through the event sponsors and organizers.

England – English Nationals Singles (Juniors 15+)

The English Nationals Singles Tournament will host a Juniors 15+ category on Sunday, May 4, 2025, at Loughborough University. Young players will have a chance to compete on a national stage and experience a top-level event. This tournament reflects Pickleball England's commitment to fostering junior talent. Full details and entry information are available at pickleballengland.org.



Scotland – Scottish National Championships (Youth Events)

Pickleball Scotland's National Championships at Scotstoun Leisure Centre will feature Youth Singles on May 29 and Youth Doubles on May 31, 2025. Open to players aged 12–17, these junior events aim to spotlight Scotland's rising stars. The tournament is part of wider efforts to grow youth participation in the sport. Details can be found at pickleballscotland.org.

Wales – Welsh Nationals Junior Competition

The 2025 Welsh Nationals, held on April 12–13 at Bangor University, will include junior competition categories. While full junior details are being finalised, the event promises pathways for younger players to compete. This is part of Pickleball Wales' broader mission to nurture youth engagement. More info via Pickleball Wales social media channels.

Ireland – Junior Growth and Facility Development

Pickleball Ireland is investing in junior player growth, with expanded youth outreach and future events planned for late 2025. The opening of Ireland's largest indoor pickleball venue at West Wood Club Leopardstown will be a hub for junior training. While no specific junior tournaments are listed yet, development initiatives are already underway. Find updates and club listings at pickleballireland.org.



USA - National Junior Pickleball (NJP) Expands in 2025

National Junior Pickleball (NJP) is set for a landmark year in 2025, hosting over 10 regional tournaments across the U.S., including states like California, Nevada, North Carolina, and Florida. These events cater to players aged 8–18 across all skill levels, fostering inclusivity and competition. Gold medalists in advanced divisions will receive JOOLA 3S paddles and free entry into the NJP Championship Cup. Every participant is guaranteed at least four matches, emphasizing NJP's commitment to youth development and community building.

Club Spotlight - Meet Grampian Pickleball Club

This week, we head to Aberdeen to meet the fantastic team at **Grampian Pickleball Club**—a growing community with a passion for welcoming players of all levels. Let's find out what makes them special!

Tell us a bit about your club

Grampian Pickleball Club (GPC) was founded in July 2021, with paid up members from January 2022. Since August 2022 the club has grown from 23 members to 100 members and is the largest pickleball club in the Northeast of Scotland.

Our club is a social club, and our aim is to promote, play and develop Pickleball in the Aberdeen City and Aberdeenshire areas. We regularly host beginner, social and competitive play sessions. Our club has 4 Pickleball Scotland coaches and 6 Pickleball Scotland ambassadors, all qualified to introduce the game to beginners and to coach members.

Through our website and social media pages (Facebook and Instagram), GPC promotes both our own events and UK and worldwide tournaments and initiatives.

How many members do you currently have?

With 100 members who range in age from mid-20's to over 70's, we offer a mix of social and competitive play sessions, and the club currently has a team entered in the new Pickleball Scotland league, playing at Division 1 North Level. We have several medal winning members from both the Scottish and English opens in recent years.



Where do you play?

Our member sessions are as follows:

Monday night 6-8pm – Social session at Lochside Academy, Wellington Circle, Aberdeen AB12 3JG.

Tues night 7-9pm – Competitive session at Peterculter Sports Centre, Coronation Road, Peterculter AB14 0RQ.

Wednesday night 7-9pm – Social session at Peterculter Sports Centre.

Thursday morning 10-12pm – Social session at RGU Sport, Garthdee Road, Aberdeen AB10 7GE.

Saturday morning 10-12pm – Social session at Westhill Academy, Hay's Way, Westhill AB32 6XZ.

Sunday morning 10-12pm – Social session at Peterculter Sports Centre.

The club welcomes guests and visitors to come along to any session if we have spaces available. The club is currently working with a new venue to be able to add an additional competitive night to its regular sessions.

What's coming up for your club in 2025?

GPC is actively working with Pickleball Scotland (as our governing body) to accommodate the new PVG regulations and Wellbeing legislation to allow the club to achieve its goal for 2025-26 of introducing pickleball into schools in the Aberdeen and Aberdeenshire area and ultimately to introduce a junior's section to the club.

In addition to the above, we aim to host more inter-club games which have been successful in the past with games vs In a Pickle from Dundee (home and away matches) and West Lothian Pickleball Club. We're working towards hosting a festival locally during 2025.

Previously we've hosted a Men only session with a group from Men in Mind who are a local Men's Mental Health group, and we're about to host a Ladies only pairs night later in April.

We've hosted Beginner only sessions in the past with several coaches and ambassadors facilitating and one of our biggest Beginner introductory sessions will be held on Saturday 26th April with 25 people who will be introduced to the sport of Pickleball for the first time.



What's been your funniest or most memorable moment on court recently?

GPC always looks to make our sessions fun and on Halloween and Christmas, we had members dress up to play pickleball with 1 member donning an inflatable snowman costume and several Santa's in various guises coming along too!

Pickleston Perks: Exclusive Discount at UK Pickleball Shop!



We're thrilled to team up with the **UK Pickleball Shop** to bring *Pickle Fix* readers an exclusive 10% discount on all orders. Whether you're after a new paddle, shoes, or accessories, just use the code **PICKLESTON** at checkout to claim your savings. Supporting your game and your wallet—what's not to love?

Product Spotlight: Franklin Sweet Spot Paddle Trainer

Want to level up your consistency and shot accuracy? **The Franklin Sweet Spot Trainer** is a compact, lightweight training paddle designed to improve your precision with every swing. With a reduced hitting surface, it challenges you to find the sweet spot every time — helping to build cleaner contact, better control, and more reliable shots under pressure.

It's a simple tool with big impact, perfect for warm-ups, solo drills, or club coaching sessions.

Serious about getting sharper? This is your secret weapon.



[Click the images to visit the
UK Pickleball Shop page](#)



Compact and lightweight (15in x 5.1in), this paddle features a polypropylene core, carbon fiber surface layer, and extended carbon grip — engineered to sharpen precision and control with every hit.

Paddletek Phoenix G6 Paddle - £79.00



The Paddletek Phoenix G6 Paddle offers a balanced blend of power and control, making it ideal for players seeking to elevate their game. Its dual-core construction ensures consistent performance, while the textured surface enhances spin potential. Available in vibrant colors like Purple Aurora and Blue Riptide, this paddle combines functionality with style. .

Skechers Viper Court Pro Shoes – £115.00



The Skechers Viper Court Pro Shoes are engineered for pickleball enthusiasts seeking comfort and performance. Featuring a breathable mesh upper, Arch Fit® insole, and ULTRA FLIGHT cushioning, these shoes offer support during intense matches. Their durable outsole ensures traction on various court surfaces.

UK Event Calendar - 2025

Get ready for a thrilling 2025 pickleball season across the UK, with top tournaments in England, Scotland & Wales, showcasing talent, community, and competitive spirit.



✓ May 2025

- May 3–4 – English Nationals Singles & Festival – Dan Maskell Centre, Loughborough
- May 10–11 – Franklin Pickleball Event, Delta Tennis Centre, Swindon
- May 24–25 – Franklin Pickleball Event, Oxstalls Tennis Centre, Gloucester
- May 29 – June 1 – Scottish National Champs – Scotstoun Sports Centre, Glasgow

✓ June 2025

- June 7–8 – JOOLA Pickleball Event – Southend Tennis Centre, Essex
- June 14–15 – Diadem Pickleball Tournament – Cardiff Met Tennis Centre, Cardiff
- June 21–22 – UK Deaf Open Pickleball Festival – Dan Maskell Centre, Loughborough
- June 27–29 – The Pickleball Store Event – Hampshire Court Hotel, Basingstoke
- June 28–29 – Ulster Open – South Lake Leisure Centre, Craigavon
- June 28 – Glasgow Charity Pickleball Festival, Scotstoun Sports Centre, Glasgow

✓ July 2025

- July 12–13 – JOOLA Swindon Open, Delta Tennis Centre, Swindon, SN5 7XF
- July 25–27 – HEAD Norwich Pickleball Open – Easton Indoor Tennis Centre
- July 26–27 – Franklin Pickleball Event – White Horse Leisure Centre, Abingdon

✓ August 2025

- August 6–10 – PbE English Open – Telford International Centre
- August 23–24 – 2nd Exeter Cup – University of Exeter Sports Park
- August 30–31 – Franklin Pickleball Event – Wrexham Tennis Centre

✓ September 2025

- September 4–7 – National Indoor Athletics Centre & Cardiff Met Tennis Centre
- September 7 – East Lothian Summer Doubles Tournament – Meadowmill Sports Centre
- September 13–14 – Fox Pickleball Event – Corby Tennis Centre
- September 20 – Herts Mixed Doubles Tournament – University Sports Village, Hatfield
- September 20–21 – Franklin Pickleball Event – Newport Tennis Centre, Gwent

✓ October 2025

- October 3–5 – North West Festival – Sir Tom Finney Sports Centre, Preston
- October 4–5 – Pickleball Scotland 3.5+ Event – Edinburgh
- October 30 – November 2 – PbE English Nationals – Bolton Arena



Tips & insights...

Third Shot Drop vs. Drive – When and Why



The **third shot** is where the rally really begins. But should you drop it gently into the kitchen or rip a drive down the middle? Both have their place – and knowing when to use each is what separates savvy players from scramblers.

The **third shot drop** is ideal when your opponents are already at the net. By landing the ball softly in the kitchen, you neutralise their advantage and buy time to move forward. It's about patience, control, and setting up a more level exchange. Perfect when you're playing against aggressive poachers or seasoned dinkers.

In contrast, the **third shot drive** is best used when your opponents are slow to transition or leave gaps in their formation. A low, fast drive can force a pop-up or error – especially if aimed at the hip or paddle shoulder. It's a great choice for players with strong groundstrokes or when you're trying to change the tempo.

Pro tip: Don't stick to one tactic. Mix it up. Drop early to draw your opponents in, then drive later to catch them flat-footed. The best players aren't just skilled – they're unpredictable.



Great coaching isn't just for pros – it's the fastest way to improve your game at any level. From mastering the basics to refining advanced tactics, a good coach brings structure, confidence, and clarity.

They spot the habits you don't see and help you turn potential into performance. Whether you're chasing medals or just more consistent rallies, investing in coaching is a game-changer.

**Now go and get your
Pickle Fix...**