



Our newsletter for members and friends

July 10 - 16



TOURNAMENTS



Elite Pickleball Junior Tournament

Sign up for the Daytona Summer Smash ! This fun youth competition is a round robin format and is just 3 weeks away!

- Friday, July 28
- 10 am - 4 pm
- Ages 12 - 18
- \$45 early registration / \$55 after July 19

[Sign up for the Daytona Summer Smash HERE](#)



Don't Wait! *Teams are filling up fast!*

We have 28 out of 48 Teams Signed up. A couple divisions are already full.

ATTENTION TEAM CAPTAINS: Get your team together and register for the Sundown Showdown, the 1st ever-Pictona nighttime team Pickleball tournament! This first-of-its-kind tournament at Pictona at Holly Hill will feature an MLP-style team competition. Each team will have two women, two men, and as many as four subs.

- Saturday, August 19th
- 7:00 pm - 11:00 pm *
- \$50 entry fee for each player, \$25 entry fee for subs
- Must register by August 3 to receive tournament t-shirt

**Warm-ups start at 6:00 pm*

[Register for the Sundown Showdown HERE](#)



October 19 - 22, 2023

Conviva Pictona Open - October 19-22

Sign up for one of the first tournaments of the Fall season, the Conviva Pictona Open on October 19-22, 2023.

We were flattered to be called the “best pickleball facility in the world” after USAP held its Diamond Amateur Championship at Pictona, followed by the APP, PPA, and Major League Pickleball hosting their tournaments at Pictona. We’ll seek to match that by providing you with exceptional service provided by our staff and member volunteers.

Sign up for the Conviva Pictona Open at the button below.

[Click HERE for Register for the Conviva Pictona Open](#)

[Click HERE to become an Exhibitor](#)



PICKLEBALL PLAY



YOUTH SOCIAL MIXER

Thursday: July 13 Ages 6-17, All Skill Levels

Parent/Guardian must stay on property during event.

Must list child's age when registering.

We hope to have two separate age groups: 6-11 and 12-17.

FAMILY TEAM MIXER

Saturday: July 29 All Skill Levels

Parents, grandparents, etc. register with youth player as a team. Must list child's age when registering.

We hope to have two separate age groups:
6-11 and 12-17.

8 AM - 10 AM

- \$5 POP! activity fee +
- \$7 non-member youth daily rate or \$15 for adult daily rate
- PICTONA MEMBERS only pay \$5

Sign up for our YOUTH & FAMILY Mixers!

July 13 is a competition for players aged 6-17. They will play six games with a different partner each time. We will keep track of individual wins and declare a single Youth Champion.

July 29 is a team competition. Adult/youth (age 6-17) partners stay together for every game (6 game max). Champion Team will be declared !

Players **MUST** know how to play pickleball.

This is not an instructional activity.

Sign up [HERE](#).



Join the August Quad Squad Team League!

- **Registration opens on July 12 at 7am and limited to (6) four person teams per Quad Squad.**
- Men & Women 3.5 - 3.99
- August 1, 8, 15, 22 & 29
- 6:30 - 8:30 pm

Click [HERE](#) for more info!
Sign up [HERE](#)!

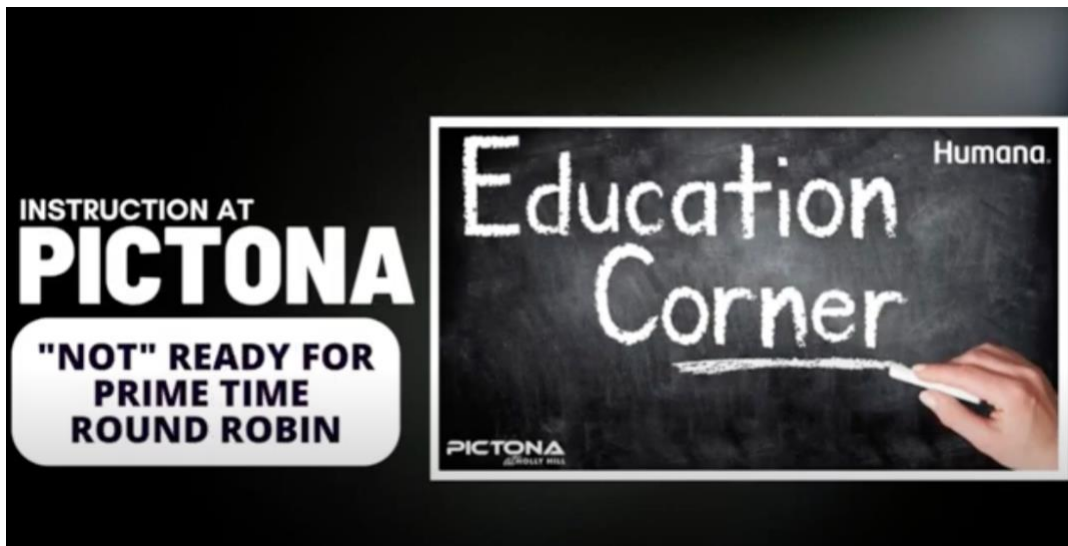




We're launching a new weekly video series we're calling the "**Pickleball Minute**" which will give a minute-long lesson on an important pickleball skill. Click the video above and watch Pictona's Education Associate Paul Lambers talk about the importance of good blocking and holding your paddle UP!

Want to learn more about Pictona's instructional programs? Check out our education webpage [HERE](#).

Paddle UP!



The **"Not Ready for Primetime"** round robin is a fun pickleball play event for novices and beginners. Receive instruction, playing tips and rule reminders from our Pictona coaches as they watch you play. The round robin format will allow you to play multiple games with and against a variety of other players.

The next "Not Ready for Primetime" round robin is **July 13**.

Click [HERE](#) to register or call the Pictona Welcome Desk at (386) 310-7067.



THE KITCHEN AT PICTONA



Next Week's Special: Sausage Quesadilla

This delicious take on Tex Mex features a freshly cooked sausage patty, chopped up and placed in flour tortillas. Filled with sautéed onion, peppers and shredded cheddar cheese. Served with homemade pico de gallo.

You choose your side: crispy french fries, house chips, or a fresh side salad.

Goes great with a refreshing beverage or an ice-cold beer!



EVENTS



Pop up Produce Stand

The Pop-Up Produce Stand will be set up just inside the north entrance to the FHCP Senior Activity Center and Rec Courts. This is open to the community and Pictona members and is hosted by [Conviva Care Center](#).

- Tuesday, July 11
- 3:15 - 4:15 pm
- **Ages 55+ Only**
- Location: FHCP Senior Activity Center and Rec Courts



Holly Hill Police Department **School Supply Drive** Now through August 27

Help area kids go back to school with the supplies they need to thrive! A box has been placed at the Pictona 1 Welcome Desk to accept donations. ***Your donations are appreciated!***





Conviva is sponsoring a NEW Line Dancing Class

Line dancing instructor extraordinaire, Joe Parilla, is starting a NEW class for beginners. The first class is Wednesday, August 2nd from 6 - 7 pm. ***Both Singles and Couples are Welcome!***

Contact Joe Parilla to register.
(386) 569-3238 or email roejoe@aol.com.

Protective Knee Exercises For Pickleball Players & What You Need To Know To Avoid Knee Pain

Presented by



**Thomas
Physical
Therapy**



COME TO OUR WORKSHOP TO LEARN:

- ✓ Self-treatment techniques for knee pain
- ✓ Good and bad stresses for the knee
 - ✓ How to prevent injuries



Pictona's
Senior Activity Center
(SAC) is sponsored by:



Be sure to attend our
**KNEE PAIN
WORKSHOP**

Presented by:

Megan Kearney, DPT
Friday, Aug. 11th, 2023
1:00 - 2:00pm

**Class held at
Pictona Holly Hill**

**Class size is limited
Call today to register**

(386) 257-2672

Thomas Physical Therapy



The FHCP Senior Activity Center offers a great variety of activities to help you maintain and active, healthy lifestyle

Click [HERE](#) to view next weeks schedule of classes and activities.



VOLUNTEERS



Join the Pictona Success Team

If you'd like to volunteer for Pictona, please consider joining the Pictona Success Team of Volunteers. Click [here](#) and explore the many opportunities to help us continue to make Pictona the best pickleball facility in the U.S.!



SPONSOR HIGHLIGHT



Our practice has been taking care of the Daytona Beach community for more than 50 years. No matter whether your condition was caused by playing pickleball, a work accident or otherwise, we welcome the chance to serve you.

Read more about our full range of services [HERE](#).

Dr. Doris Antos DC PL

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