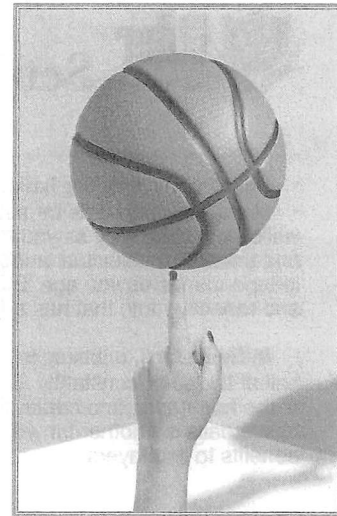


THOUGHTS TO CONSIDER

## Senior Citizen Basketball

**Most annoying thing people assume about  
athletes in your sport:**

**That we're too old to play basketball or participate  
in other strenuous sports.**



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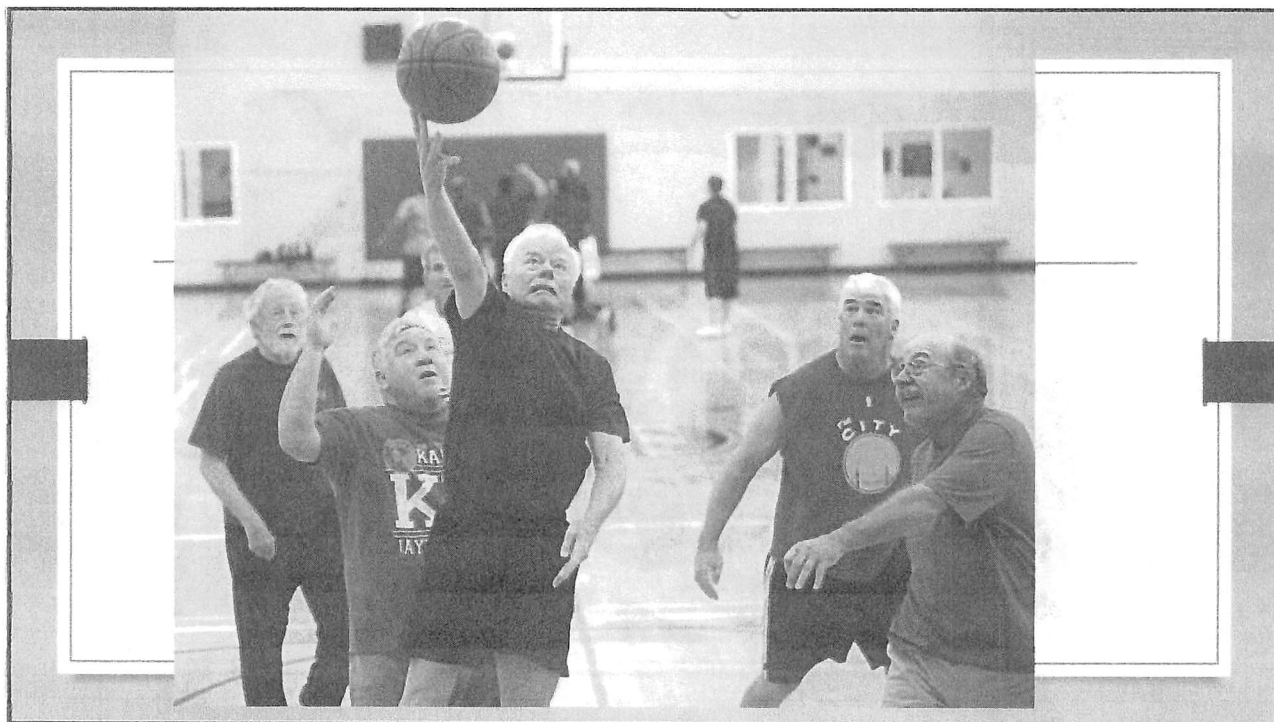


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## **Elder** One Stop Senior Citizen Basketball

- Dribbling and Shooting Baskets Can Be Great Exercise for Seniors
- Human biology calls for a sure quantity of bodily hobbies to keep excellent fitness and wellbeing, especially as you age. Regular physical pastimes and workouts for seniors facilitate and enhance intellectual and bodily health, each of which will assist you to hold your independence as you age. Exercise is a subcategory of a bodily hobby that's planned, structured, and repetitive and that has a direct goal: the improvement and renovation of physical fitness.
- In Basketball, dribbling is an essential ability wherein a participant uses one hand to leap the ball at the court constantly. Dribbling allows you to manipulate the ball, develop it in the direction of the hoop/goal, and create distance between you and your defender. Shooting hoops and basketballs is another fun yet healthy exercise for senior citizens. It offers a plethora of health benefits to its players.

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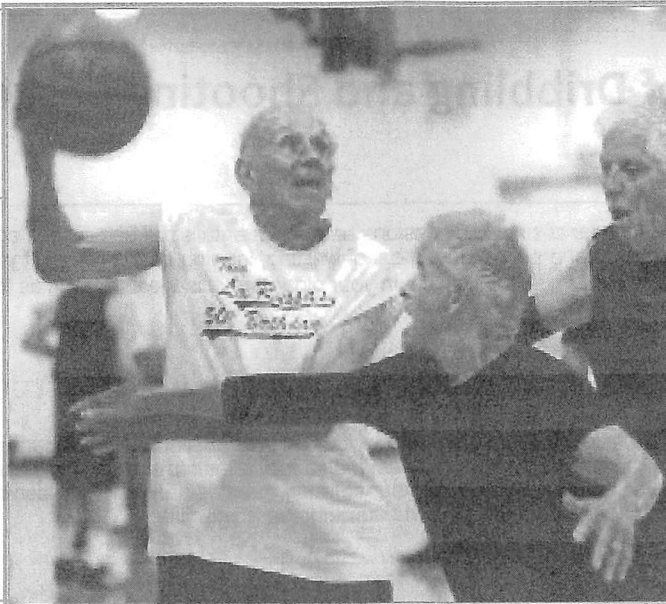


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## Importance of Exercise among Older People

- Many adults in the age bracket of sixty-five and above, spend on average, 10 hours or greater every day sitting or lying down. This makes them the most sedentary age group of all. This inactivity costs them an excessive rate of falls, obesity, coronary heart ailment, and early demise compared with the overall population.
- As you get older, it will become even more crucial if you want to live a wholesome life and preserve your independence. There's sturdy proof that more physically active individuals have a decreased chance of coronary heart disease, stroke, kind two diabetes, a few cancers, despair, and dementia. Ideally, you ought to try to do something each day, ideally in bouts of 10 minutes or more. One manner of attaining one hundred fifty minutes of interest is to do half an hour of it a minimum of five days a week. Daily chores like shopping, cooking, or house responsibilities are no longer counted as a number closer to one hundred and fifteen minutes because the attempt isn't always sufficient to elevate your coronary heart rate, even though they assist split sedentary time. "The biggest benefits come to those who start from scratch," says Dr. Cavill. "It's moving from a sedentary lifestyle to a moderately active one that makes the biggest difference to your health. The more you do, the greater the health benefits." Thus, doctors always advise different [exercises for older adults](#).

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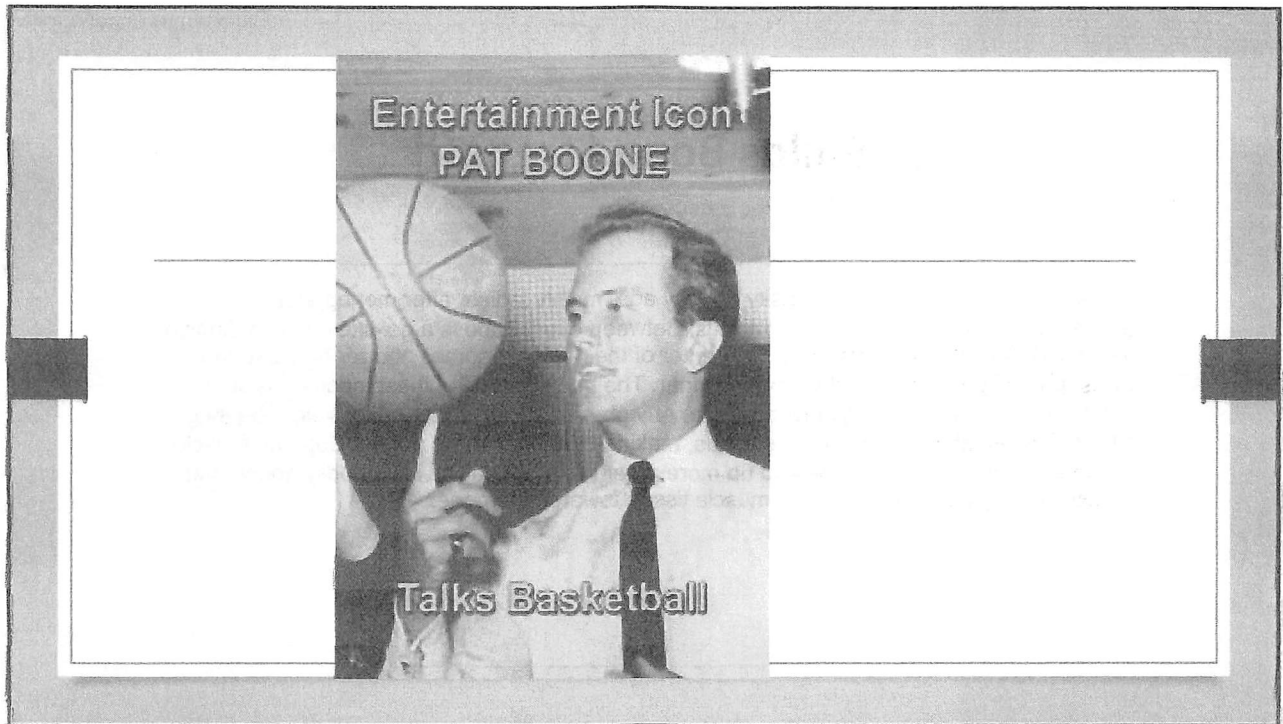
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## Benefits of Dribbling and Shooting Baskets

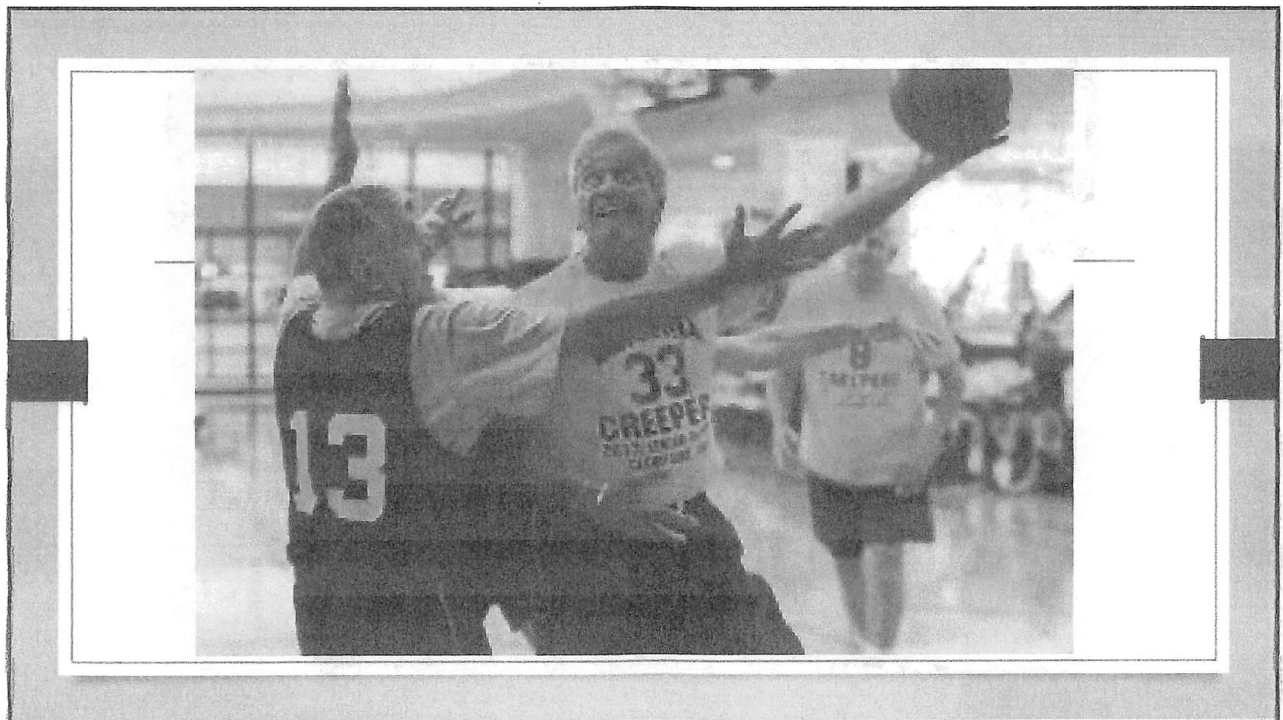
- Basketball is a terrific manner of exercise sessions because it entails the use of your complete body. It is a fast-paced sport that entails a good deal of walking, leaping, and running. If you need a game that enables you to live a healthy lifestyle in your old years, it is the ideal pick as they arrive with various fitness benefits.
- Following are some of the health benefits mentioned:
- **Promotes Cardiovascular Health**
- Dribbling and shooting baskets is extraordinary for your coronary heart health! Because you maintain moving, your coronary heart rate increases. It also facilitates constructing endurance, which is essential while you need to ensure that your coronary heart is healthy. It will assist decrease the hazard of stroke and coronary heart disorder later in your life.

8





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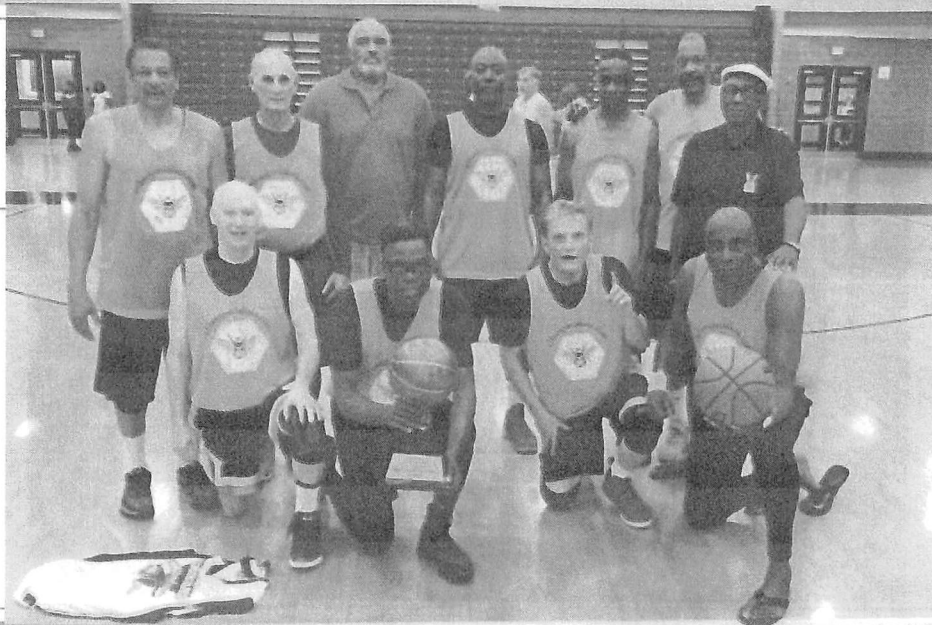


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## Builds Bone Strength

- People lose bone mass or density as they age, mainly ladies, after menopause. The bones lose calcium and different minerals. Between every bone is a gel-like cushion (known as a disk). As a person gets older, the center of their body becomes shorter because the disks gradually lose fluid and become thinner. The bodily needs of these sports assist in enhancing and constructing bone strength. Any physical hobby that entails weight-bearing allows the formation of recent bone tissue, making the bones more potent. Both the muscle tissue and bones to your frame end up more potent with the ball as it's a bodily hobby that entails the tugging and pushing of muscle tissue towards the bone.

11



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14

## Boosts the Immune System and Maintain or Lose Weight

- Immune characteristic evidently decreases with age, which makes seniors extra prone to illnesses. Thus, it would be best if you incorporated exercises in your routine that help you boost it. Playing physical sports like basketball help in relieving stress. When stress is decreased, you'll have extra power and recognition to complete tasks. It additionally makes you extra social, which in turn enables in stopping depression. When pressure is lowered, your immune machine receives a lift as well.
- As your metabolism clearly slows with age, retaining a healthy weight can grow to be a challenge. A regular workout allows you to boost your metabolism and construct muscle mass, assisting your frame in burning greater calories. Dribbling and shooting baskets make up for that full-body workout that your body needs to maintain itself.

15



16



## Provides Strength Training Improves Body Coordination

- Playing basketball gets you a notable full-frame workout. So, put on your favorite basketball shoes and start shooting baskets. This allows the improvement of lean muscle. It can assist expand your decrease back, neck, deltoids, traps, and middle muscular tissues. It additionally makes your legs stronger, and the actions like taking pictures and dribbling assist in supporting your arms, hand muscular tissues, and wrist flexors. As you age, your capacity to carry out obligations with equal accuracy and pace as while you had been more youthful declines. This consists of response time and dexterity, vital factors of hand-eye coordination.
- The number one goal in this sport is to get the ball through the small hoop. This isn't any clean feat, as everyone who watched the Lakers play the Cavaliers in the NBA finals knows. As a result of the know-how and ability, a player's hand-eye coordination improves markedly over time. Indeed, regularly shooting baskets initiate the development of several physical skills, and hand-eye coordination is a leader amongst them.

17



18

## Conclusion

- Physical interest is taken into consideration to be one of the maximum vital determinants of human health. Many authors emphasize the blessings of bodily interest for aged people – its effective influence on the functioning of many organs and systems, improvement of more mobility, slowdown of the involution processes, and counteracting the consequences of civilization diseases.
- With the various advantages of shooting basketballs, it's the right motive for you to pick up a ball and begin capturing a few hoops. It may be performed on your own or with friends – irrespective of what you choose, you get a tremendous workout. By making this game part of your health routine, you make sure that you live physically healthy, mentally suit, and energetic for plenty of years.

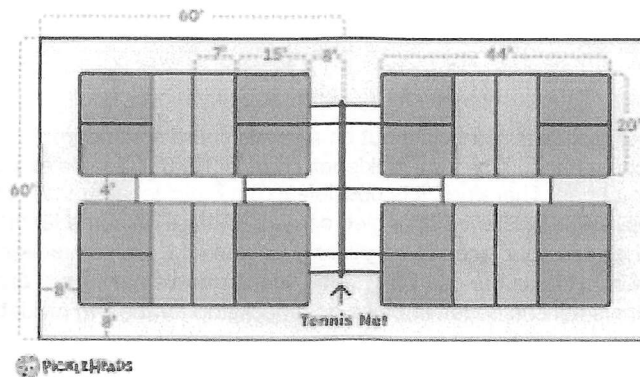
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# PICKLEBALL OPTIONS UTILIZE EXISTING TENNIS COURTS IS COST SAVING

## Four Pickleball Courts per Tennis Court

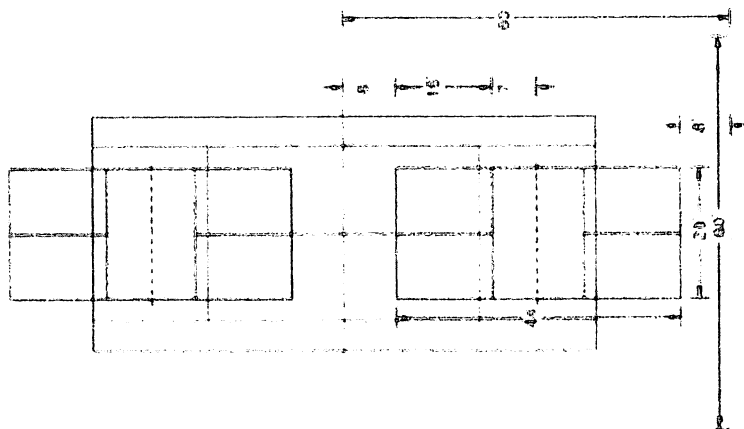


1

# TENNIS COURT CONVERSION PICKLEBALL CENTRAL

- **Court Conversion - One Pickleball Court Per Tennis Court**
- There are two paths to converting existing courts to pickleball courts: shared use and dedicated use.
- With shared use simply add pickleball lines to an existing court and players of both sports can use the facility. This may cause some initial confusion, but players quickly get accustomed to the lines.
- The simplest way to add one pickleball court is to just lower the tennis net to 34' in the center. The center strap could be used to bring the net down to 34 inches in the center. If the tension on the net cord is very tight, the tension might have to be loosened slightly by adjusting the ratchet on the net post. Another option is to purchase a Tennis Net Adjuster to lower the net for pickleball or you can do it yourself using two eye hooks, two expandable sleeves and some tie down straps, but first make sure and you have permission to drill a couple of holes into the court surface .
- Lines can be painted on the court for pickleball. Then the court can be used for both tennis and pickleball very easily. Because of the size of the tennis court, you might want to have some sort of temporary barrier for the balls so that they don't have to be chased the full length of the tennis court.

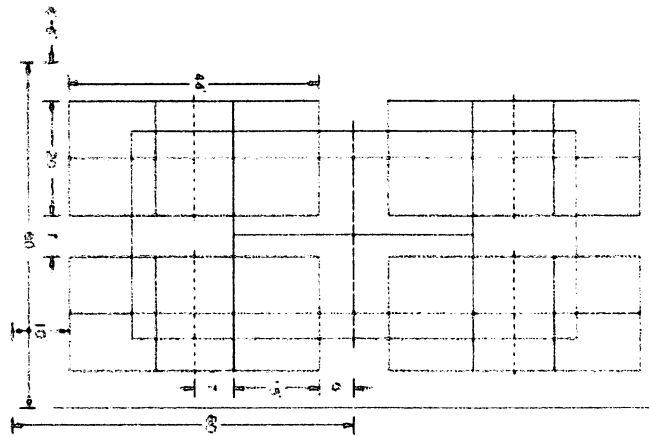
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The diagram above shows 2 pickleball courts laid out on a tennis court. A standard tennis court pad is 60'x120'. The minimum recommended size for a pickleball court is 30'x60'. That is exactly one fourth the size of a standard tennis court pad. Therefore, it is possible to put 4 pickleball courts in the space of a tennis court except for the possible existence of angled corners that are on some tennis courts.

If the corners are angled, then two courts can fit very nicely as shown. If the conversion is temporary or it is desired to be able to continue to use the court for tennis, then portable net stands can be used for the pickleball courts and the tennis net can be left in place as a backstop for the two pickleball courts.

3

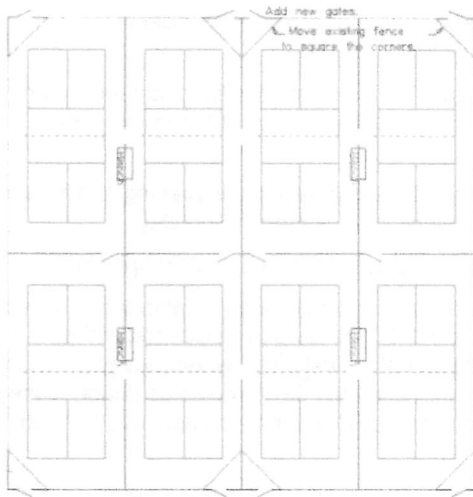


The diagram above shows four pickleball courts on a tennis court. Note how the position of the pickleball courts has been shifted by two feet to allow for the angled corners of the tennis court. That leaves only 6 feet between the pickleball baseline and the tennis net. That is a little tight, but works in a pinch.

If the tennis court does not have angled corners, then move the courts 2 feet so that there is an 8 - foot distance between the pickleball baseline and the backstops. Note how the lines are made to coincide as much as possible with the tennis court lines in order to minimize line confusion for the players. Note also that this layout does not allow room for fences between the side-by-side courts.

4





### Permanent Courts

This diagram shows 2 tennis courts that are permanently converted to 8 pickleball courts. If a single tennis court is converted, just refer to half of the diagram. Angled corners are squared off if necessary.

If the tennis court is a standard dimension of 60'x120', that only allows 5 feet between the pickleball sidelines and the fences.

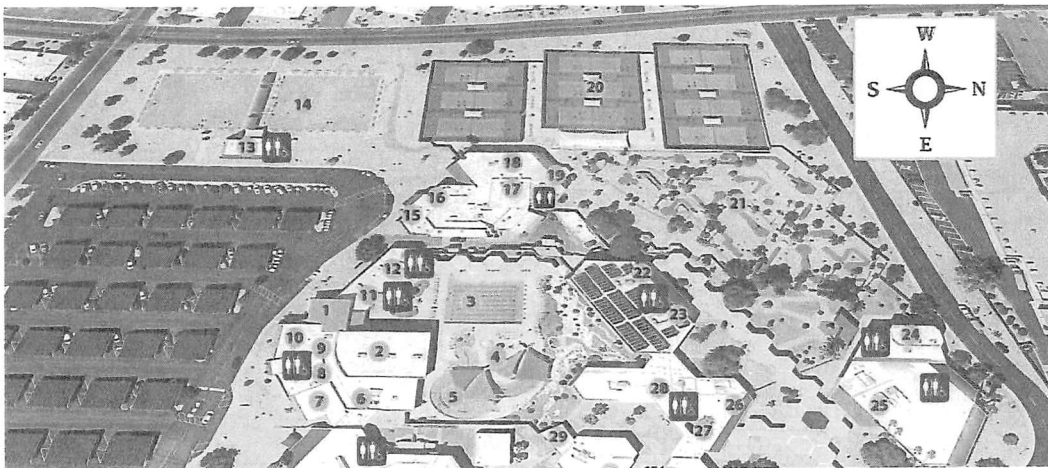
That should be considered the minimum dimension. If space and budget allow, add some additional overall width.

That will give the more active players more room and also give room for seating on the courts.

Conversions are happening across the United States with great success.

5

## Bell Recreation Center 16820 N 99th Ave



6

### CONCLUSION

- It would be a mistake to throw away 5 years of work and ½ a million dollars of architectural design to supposedly save money. This is not saving money at all.
- The Architect can make modifications to the Performing Arts Center. Tennis courts can be dual function and provide plenty of pickleball courts in Sun City without sacrificing other activities that could utilize a multi-purpose auditorium.
- A multi-purpose auditorium not support only one activity. You have basketball, pickleball, walking and indoor volleyball for those that do not want to play in a pool because that is all there is here in Sun City.
- The residents of Sun City pay to use the facilities and should not be inconvenienced by outside players.
- It can be a place where special activities can be held. It will give the social dance clubs another wood floor to dance on when they are moved out of Sundial for other events. It is not right that this proposed building is changed to accommodate only pickleball players. This is something that we asked for when they planned the new Mountain View. Don't forget about all the Sun City residents that attended those meetings during those 5 years of planning. The current RCSC Board and the Strategic Alternatives Committee do not have the right to ignore that fact.
- The right thing to do is to work with the Architect to scale back the Performing Arts Center but listen to the clubs that use it and work with them. They deserve the best and have waited long enough.

**By Rusty Bradshaw**  
**Twitter: @SunCitiesEditor**

Theater and basketball enthusiasts were thrilled with the report that will serve as the foundation for Mountain View Recreation Center reconstruction plans.

A string of residents voiced their approval after the Recreation Centers of Sun City Board of Directors approved the Long Range Planning Ad Hoc Committee's report on the center, 9749 N. 107th Ave. The center reconstruction project is expected to cost \$17.5 million and is scheduled to begin in 2022.

The committee report was not among documents available at the June 8 board meeting, but some residents were privy to the proposal and confirmed the new building will include both a theater and gymnasium. The report was later released to the Independent.

While the gym is a recent request, the theater has been bandied about for about 45 years.

"During the RCSC Jan. 30 board meeting, resident Ben Roloff talked about discussions in 1975 of a theater to be included in the Bell Recreation Center, but it was decided the funding was not available," said resident Don Schordje. "Thank you for bringing this to fruition. The Sun City Players support it and are ready to work together with the board and management on this project."

Resident Terpin Daughters said he now has something to look forward to.

"I hope to perform in that theater before I die," he said.

The theater would include 400 permanent comfortable theater-style seats, restrooms and two large dressing rooms backstage, lighting and sound system updates, a sound board, a makeup room and other features.

Gymnasium supporters were no less enthusiastic. Chris Wilcox thanked the board for including a gymnasium where basketball could be played, and Tom Tripp said he was glad to see not only the gym but a climbing wall included in it.

"I am thrilled the indoor basketball court is included so we can play year-round," resident Les Hightlin said.

The gym/fitness area would include a hardwood floor striped for both basketball and volleyball, locker rooms, a spin bike room and other features.

Kat Bimmell asked if the Mountain View plans would be made available to the membership to view. RCSC board Vice President Dale Lehrer said the board's approval

of the ad hoc committee's plans now sends the project to management for further planning. She added town hall meetings would be conducted to showcase the plans and gather further resident input.

The full report provided to the Independent is available for viewing at [yourvalley.net](http://yourvalley.net).

Ms. Lehrer also expressed some concerns with the preliminary plans. She said the acoustics in the theater were not addressed and she believed it was important to have central access to reduce the amount of employees needed to monitor and to provide better usage data. She also believed handicap access to the pool was not adequately addressed.

Resident Laurie Ellingson asked management to make changes in the plans to retain all the amenities that now exist at Mountain View. The preliminary plans call for the tennis courts there to be taken out to allow for more room for the theater.

"I request you take a look at and redo the plans so we do not eliminate anything that is already there," she said.

Jan Ek, RCSC general manager, said the projected cost of the Mountain View project could change based on the final plans.

"It could be the same or it could be lower," she said.

The RCSC board tasked the ad hoc committee in January to produce a report by May 15 that created a preliminary plan for the center's reconstruction based on input from residents during past town hall meetings and other input.

RCSC board member Rich Hoffer praised the committee for its work, despite the COVID-19 pandemic that forced the closure of RCSC facilities and cancellation of most meetings beginning in March.

"This is one of the best reports I've seen written," he said. "I have rarely seen a report so well thought out and well written."

RCSC board President Dan Schreoder said the committee continued to work through the pandemic, communicating by email.



## **MOUNTAIN VIEW RECOMMENDATIONS**

The Ad Hoc Long Range Planning Team of 2020 comprised of Rich Peterson, Ruth Welscott, Theresa Mussario, Edna Gills, Kevin Christensen, James Kepler, Bill Loslo, Elsa Will, Marianne Henrich along with Dan Schreoder (chairman) and Sue Wilson (co-chairwoman) met six times to develop the recommendations for the reconstruction of the Mountain View Recreation Center. The items under each main category are prioritized with the highest priority listed first. This is the committee's recommendation:

### **Theater/Auditorium**

- 400 permanent comfortable theater seats (22") at an angle with no steps.
- Main entrance of a building face southeast with non-heat producing glass wall overlooking pool area.
- Restrooms in lobby and backstage.
- Aisles have designated wheelchair spots with adjacent seats marked as wheelchair accompanied.
- Lobby have an area for ticket sales and collecting tickets.
- Welcoming size lobby.
- Two large dressing rooms backstage.

- Lighting and sound systems updated.
- Sound board located in the rear on the floor of the auditorium.
- Loft at back of auditorium to allow for spotlights.
- Make-up room.
- Side hall from rear to stage to allow for wheelchair and cast access.
- Front and rear digital projection systems.
- Curtains for the stage area.
- Area on the floor in front of stage to use as orchestra pit.
- Dual purpose green room to hold offstage cast and Player's Club office.
- Storage areas for sets as well as for set construction behind stage.
- Fly-loft behind stage meaning higher ceiling.
- Locked space for current production costumes.
- Loading dock behind stage.
- Quality video equipment to project in green room.

- Dual purpose black box stage for rehearsals and meeting room.

### Swimming Pool(s)

- Two pools, sports pool (SP) and resort pool (RP).
- RP have a rectangular shape utilizing 7,200 feet with two outdoor showers and with markings for two lanes.
- Outdoor spa.
- Rubberized decking.
- Pool locker rooms with each shower having a drain and an individual attached dressing room as well as a family restroom.
- RP have a larger deep end (7-8') than current pool.
- RP have a ramp and handicap chair to enter pool.
- Oxygenated system for both pools.
- Electrical outlet near RP.
- SP have room for two volleyball courts as well as two lap lanes.
- Audio systems for both pools.
- Shade for parts of deck and part of RP.
- Lockers have an ability to lock with a padlock.
- RP have a rail around perimeter excluding the bench area.

- PA system for monitors to broadcast to pool area as well as an emergency button in the locker rooms.
- RP have a bench on one side of the pool.
- Outdoor lighting around pool as well as in-pool lighting.
- SP to have netting to separate lap lanes from activity area.
- Water wall separating RP from SP.

### Fitness Area/Gym

- Common entrance with fitness and gym to the right with auditorium to the left.
- Fitness area on second floor facing east with full glass wall looking out on pool.
- Fitness area 3,100 square feet.
- Hardwood floor in gym.
- Locker rooms on first floor with doorway from the lobby and the gym with an emergency button available.
- Ramp from entrance leading down to pool and pool locker rooms
- Fitness area open to lobby below with ramp and elevator.
- Volleyball courts painted within basketball courts
- Gym contain two 42'X60' basketball courts.
- Lockers have an ability to lock with a padlock.
- Storage space to hold volleyball nets, poles and balls.



- Automated removable curtain between courts that would roll down from ceiling.
- Covered areas on floor to hold volleyball poles.
- Automated six fold-up baskets.
- Another room on second floor at 1,500 square feet to hold spin and recumbent bike room.
- Large screen and overhead digital projector on front wall of spin bike room.
- Area in the lobby for a rock climbing wall.

### Mini Golf

- Move 13th hole to accommodate ramp leading from parking lot to auditorium.
- Remodel outside restrooms and move to accommodate ramp.
- Stucco slump block walls between holes.

### Other Outside Areas

- Get rid of hot water solar field or move to a rooftop.
- Remove tennis courts and replace with four pickleball courts.
- Leave lawn bowling as is.
- Create shaded space for those waiting to play pickleball.
- Create a social space and golf car parking in current gravel area under electric solar panels.

Source: Recreation Centers of Sun City

Gymnasium supporters were no less enthusiastic. Chris Wilcox thanked the board for including a gymnasium where basketball could be played, and Tom Tripp said he was glad to see not only the gym but a climbing wall included in it.

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"I request you take a look at and redo the plans so we do not eliminate anything that is already there," she said.

Carol Copeland; I hear that one of our recreation center representatives thinks the performing arts center should be built at another recreation center that is more "centrally located." We have been going to Mountain View for 20-plus years; why do we need it in a more "centrally located" area? Sun City is not so big that we need everything to be "centrally located."

I'm afraid that by the time this theater is ever built, I will be too old to attend plays and enjoy the facilities — or maybe I'll be dead. I'll be 85 years old this year and have already waited 28 years for this performing arts center to be built. Let's get on with it!

Lana Williams: Pickleball is a growing sport, but most of the Sun City residence do not play pickleball. We need to add these courts but not by eliminating the multi-purpose gym/auditorium or taking away too many tennis courts.

There are 12 tennis courts at Bell Rec center. If only one of the groups of 4 tennis courts are used it would be enough to increase the courts for pickleball. 4 tennis courts will give you 16 additional pickleball courts which is enough. Take 2 tennis courts at Lakeview and convert them into 8 pickleball courts. Do not eliminate all tennis courts at Mountain View just for pickleball.

We should not be worried about pickleball tournaments that bring in players from the outside. These facilities are for the people that live in Sun City and to concern ourselves about outside players is not our job.



# Mountain View Recreation Center

9749 N 107th Ave

