



River John Pickleball Club Presentation to MOPC Council

November 7, 2022

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Who is the RJPC



- The River John Pickleball Club (RJPC) is a NS registered Not for Profit
- Member Pickleball NS and Pickleball Canada
- Formed by a group of community members (12) committed to bringing a new recreation and active living opportunity to the residents of River John and the surrounding communities
- RJPC Facebook page has 189 members
- Offering winter pickleball at River John Firehall

PROJECT OBJECTIVES

Build a 3 court pickleball facility



Bring Pickleball to River John area



Focus on social, physical and mental health benefits



PROJECT OVERVIEW

Partnership with River John Legion



Partnership with Y of Pictou County



Inclusive and Accessible



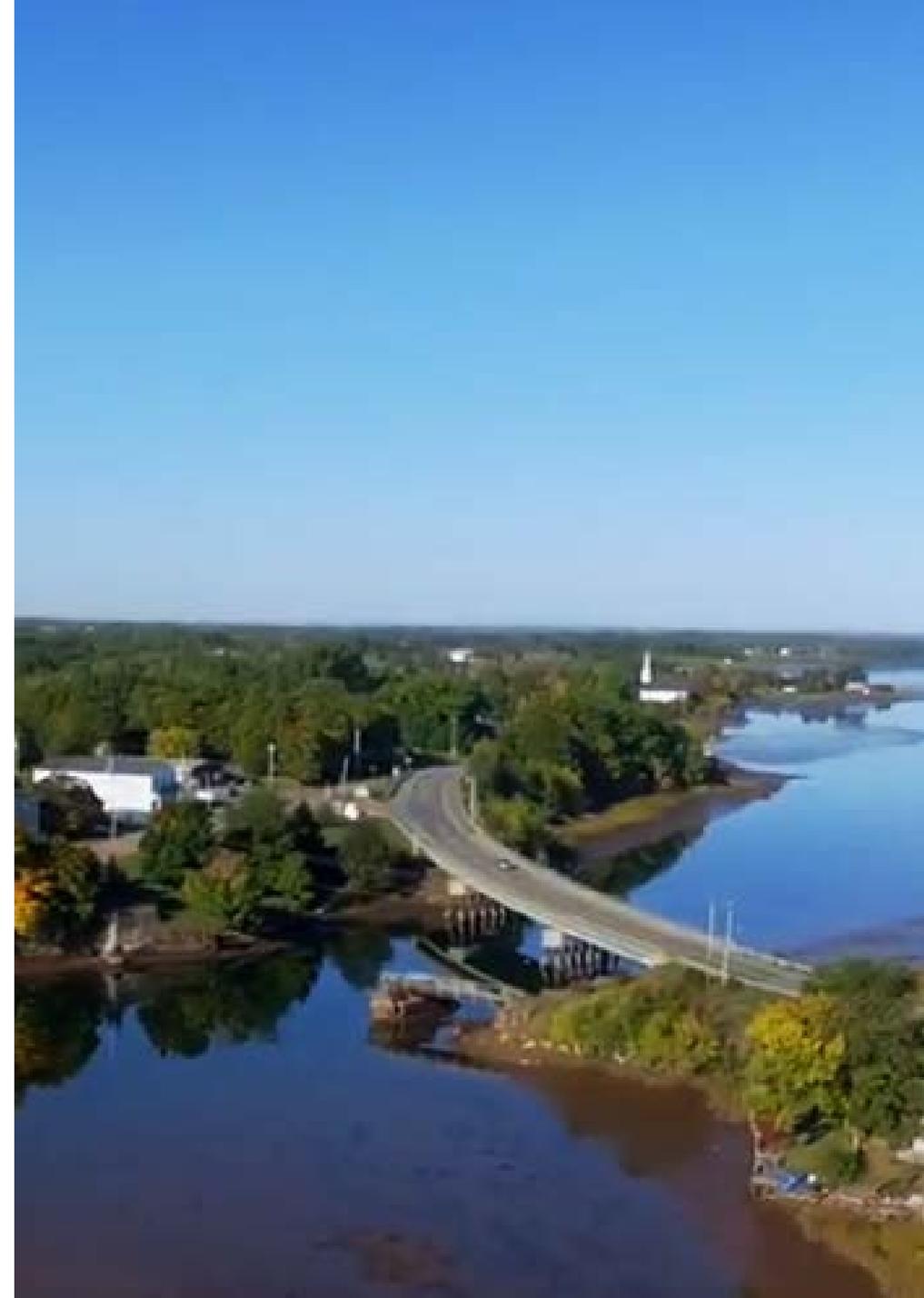


Need for Rural Recreation Facilities

Most recreation investment is in cities and towns

High cost of fuel impacts desire and ability to travel for recreation

Increased travel time leads to less activity



WHY THIS MATTERS

*Physical Wellbeing | Mental Wellbeing | Community
Wellbeing*



PHYSICAL & MENTAL HEALTH BENEFITS

PHYSICAL WELLBEING

- Improves cardiovascular fitness
- Strengthens bones & muscles
- Decreases the risk of developing and dying from chronic conditions, including obesity, diabetes, circulatory diseases, and dementia
- Improves your ability to do daily activities

MENTAL WELLBEING

- Reduces anxiety, depression, and negative mood
- Improves sleep quality, and may reduce stress, and fatigue
- Opportunities for social engagement

COMMUNITY WELLBEING

- Gets people outside, enjoying a physical activity and connecting with each other in the community
- Promotes volunteerism among seniors and other generations
- More attractive area to spend time for residents & visitors
- More healthy individuals = more healthy and vibrant community

“According to Statistics Canada, **only 16% of Canadian adults are getting the recommended amount of physical activity...** There needs to be policies and the creation of accessible spaces that support active living, increased training of physical education specialists, and further funding of programs that encourage sports participation, provide access to recreation facilities, and creates opportunities to make physical activity fun, accessible to all and supports a more active lifestyle.” *Participation Pulse Report (2018)*

PLANNED PROGRAMMING

LEARN TO PLAY

Sessions to teach the game will be a part of the regular programming offered by the club. With a trained instructor and a “train the trainer” program the club will increase its capacity to provide more instruction. Play recently began at the RJ Firehall with Learn To Play sessions built into the schedule. Those with disabilities are welcomed as well in such play. Para pickleball is a sport which is becoming popular with disabled athletes with a wide variety of means of participation being available.

SENIORS

Currently seniors make up the greatest number of participants in the sport. The percentage of individuals +55 in Pictou Subdivision A is almost 50% (Statistics Canada 2021). The sport of pickleball is well matched to the local population.

YOUTH

Discussions have been held with the River John & Area Recreation Association. The club plans to work with the group to include pickleball in the community's youth summer programming.

“It was a pleasure to hear of your plan to develop an accessible open-air Pickle Ball facility on property adjacent to the Legion in River John. It is heartening to know that you intend to welcome those who have never participated in the sport by offering instruction; and also, to offer reduced fees for those who have financial limitations. Highland Community Residential Services, (HCRS), provides community inclusion and residential supports to people dealing with an intellectual disability and/or a mental health issue. To have a community organization reach out to welcome this particular group of people is a generosity that is rarely seen. We would be delighted to include learning to play pickle ball at your facility as one of the community activities open to the people supported by HCRS.” *Highland Community Recreation Services*



Little Harbour Pickleball Club

“We have attempted to encourage the River John Pickleball committee right from the start and we strongly support this project as... it adds to the recreational infrastructure of Pictou County, is an economic development agent for the community, encourages rural populations to remain in place and is a great recreational option for all ages.

Equally important, has been the impact Pickleball courts have had on our local community, as volunteers from all ages have joined together to make this a reality. I have no doubt the same reaction will occur in River John as these projects align with the objectives of SHIFT Nova Scotia and other provincial programs to stimulate the community’s population.” *Graham MacNeil, President, Little Harbour Pickleball Club*

River John & Area Recreation Association

“We are acutely aware of the need for improved access to sport facilities and opportunities for physical activity within our community. There is tremendous interest in the community to see facilities available in River John.” *Santina Weatherby, Director & Secretary, River John & Area Recreation Association*

Tatamagouche Pickleball Club

“Identified as the fastest growing sport in North America, pickleball is a social, fun way to encourage active living for all ages. The sport can be learned within a few hours and appeals to a wide range of ages and physical abilities.” *Heather Hampson, Secretary, Tatamagouche Pickleball Club*

Recreation Facility Association of NS

“Facilities, like the one proposed by the RJPC, are safe gathering spaces essential in counteracting social isolation by promoting social inclusion, connection, and engagement. They provide opportunities that encourage and promote recreation and active lifestyles, helping to build physically and mentally healthy communities, minimizing health care costs and therefore improving the overall health and well-being of our communities.” *Bob Quigley, President, Jennie Greencorn, Executive Director Recreation Facility Association of NS*

River John and District Lions Club

“Pickleball is a growing and popular activity for all ages, but especially for those in the over-50 age bracket, and access to a proper facility will provide much needed physical fitness activity and opportunities for socialization and active, healthy living.” *John E. McKim, Secretary, River John and District Lions Club*

River John Community Action Society

“The project can make a significant contribution to the health and well-being of all community members and especially to veterans and seniors.” *Cody Joudrie, Chair, River John Community Action Society*

Arisaig Pickleball Club

“As experienced in the rural communities of Arisaig and Little Harbour, the development of outdoor pickleball courts has brought new life into these communities and the year-round and summer residents are enjoying the opportunity for participating in a fun exercise and great comradery. The River John courts will directly support healthier and a more vibrant community and improve the livability, sustainability, and attractiveness of the community of River John.”

Ian MacDonald, President, Arisaig Pickleball Club

River John Chapter of the Independent Order of Odd Fellows

“The North Shore is a desirable location for another outdoor facility bringing a new recreational opportunity for our residents of all ages who can participate in this healthy sport. The opportunity to focus on healthy activities that build social connections is certainly welcome.” *Willis Langille, River John Chapter of the Independent Order of Odd Fellows*

WHERE ARE WE NOW

Project Status | Project Budget | Project Fundraising



PROJECT STATUS

- RJPC members meeting regularly and working on this project for 11 months
- We have secured a location for the pickleball court facility – River John Legion
- Working closely with Arisaig and Little Harbour Pickleball
- Community outreach (Social Media, River John Days, Learn to play)
- Partnership with the Y of Pictou County
- Grant applications and fundraising in progress

PROJECT COSTS & FUNDING MODEL

NOVEMBER 2022

Projected Facility Costs		Projected Funding Sources	
Maritime Tennis Court Builders	\$ 129,700	PNS Recreation Facility Development grant	\$ 40,000
Project Management	10,000	Municipality of Pictou County grant	40,000
Windscreens	1,380	New Horizons for Seniors Program	25,000
Landscaping	1,500	Sutherland Harris Hospital Foundation	20,000
Rough in wiring for lights	3,000	InKind donations from community	11,500
Contingency	8,000	Fundraising from community	23,392
	153,580	YMCA of Pictou County	15,000
HST	21,312		
Total	\$ 174,892		\$ 174,892

PROJECT FUNDRAISING TO DATE

NOVEMBER 2022

FUNDRAISING SUPPORT TIERS		Cash	Pledges	Total
Builders	\$5,000 and above		\$ 15,000	\$ 15,000
Founders	\$1,000 to \$4,999	\$ 1,500	4,500	6,000
Players	\$500 to \$999	2,850	2,900	5,750
Friends	\$100 to \$499	100	550	650
		\$ 4,450	\$ 22,950	\$ 27,400

FUNDRAISING TARGET - Cost	\$ 163,392	23%	\$ 38,392
Balance to raise in Community			\$ 10,992
% of GOAL ACHIEVED			71%

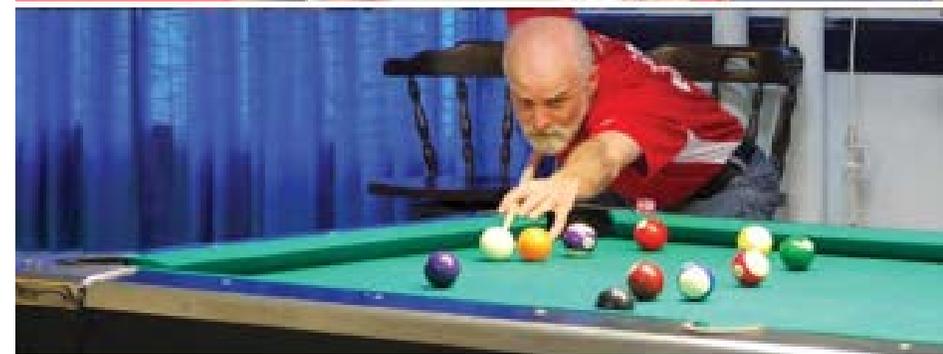
Total projected Facility Costs	\$ 174,892
Deduct: Inkind donations of services and supplies	(11,500)
Cash cost	\$ 163,392

COMMUNITY PARTNERS

River John Legion / Y of Pictou County



Sports Guide



Why the Y is involved with RJPC:

- Strategic plan goal to increase our reach in PC West
- Extend our reach with projects that enhance wellness outside the Wellness Centre

Pickleball Benefits include increased:

- Physical Activity time in a week and commitment to that time
- Openness to try other physical activities
- Social networks
- Reaction time, balance, agility and cardiovascular fitness





“Pickleball is a great fun way to exercise and to improve your health. Since playing, my blood pressure has dropped and I have more lung capacity. We also have lots of laughs with the new friends I met. It’s a fun sport for all ages!”

“My husband and I recently retired and we had heard about the game, but thought it was for “OLD folks”, well were we wrong! This game improves reflexes, agility and overall fitness. We’ve met so many people through the sport and have made lasting friendships. It keeps us moving and it is NOT and “OLD folks only game.”

“Pickle ball has been a life changing fun experience for me! Being 65 years old, we get aches and pains and must pick our sports of choice, pickle ball is a game that can be played for recreation or competitive so it can fit a person’s lifestyle in many ways! It’s also a great social outings! A definite sport to give a try !!”

“Pickleball is a great sport for many reasons. The fact that is a low impact game makes it appealing to all ages and abilities. It is a fantastic way to socialize along with getting a work out.”

“There are many benefits of pickleball. It is easy to learn and very beginner friendly. Pickleball is a fun and social way to get in shape. It is a low impact sport on joints and knees. I love seeing the social connections made here at the YMCA.”

“Pickleball is a sport with progressive levels and room to grow. Something for everyone; from new to experienced.”

Wrap Up and Questions