



Brisbane Bayside Pickleball Club Monthly Newsletter

March 2026

Welcome

G'day legends, and welcome to the April edition of the Brisbane Bayside Pickleball Club newsletter — the only monthly read guaranteed to contain dinks, drops and good vibes.

We hope you all had a ripper Eater and long weekend.

Our weekly Australian Masters Cup competition continues to bring the heat. Each week, around 34-36 players are lacing their shoes with grim determination, and battling it out on the courts in our clubs Australian Masters Cup competition. The level of play has been absolutely outstanding — the rallies are longer, the dinks are cheekier, and the trash talk is somehow getting classier. Whatever you're all doing, keep doing it.

We have 2 x interclub seasons locked in that'll have us flying the Bayside colours with pride:

- 19 April vs Southside and Wynnum
- 16 May vs Redbank

Interclub is a fantastic opportunity to represent our club, meet players from other communities, and remind everyone in Southeast Queensland who the real deal is.

Until then, keep showing up, keep having a crack, and remember: it's not how you start the rally — it's how graciously you pretend the ball was out when it clearly wasn't.

And as always, see you out on the courts...

Brian Krisanski (Club Secretary)

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President's Report

Lots happening this month with the launch of the AMC qualifying rounds on the 3rd March with an average of 36 opting in to play each week. Competition is serious as skills and tactics evolve and adjust the pecking order on a weekly basis.

The club initiated a meeting with the Redland Pickleball Club to discuss the Expression of Interest (EOI) for a Licence to Occupy (LTO) as a secondary licensee over the All-Stars Netball courts at the EGW Wood Sportfields. The meeting was amicable and constructive which set a great tone for what will be a productive and ongoing collaboration between our pickleball clubs. A Memorandum of Understanding (MOU) was drawn up and agreed to by both clubs in which the Redland Pickleball Club would become the secondary licensee with due consideration to include the Brisbane Bayside Pickleball Club with access. There is genuine excitement about the potential for both clubs to work together for the benefit of pickleball throughout the Redlands community.

Council has given the club approval to participate in the Redlands Coast Adventure Fest Fun Day to host a stall at the event, taking place on Saturday 16 May 2026, (Same day as the Redbank Plains Tournament) from 11am to 4pm at Raby Bay Harbour Park, Cleveland. We are looking for those not participating in the tournament to help set up and promote the club's presence.

Another interesting development has been the approval by Iona College for the permanent pickleball line marking of two tennis courts at Iona Tennis Centre, the cost of which will be absorbed by the club. This has been long awaited and a relief as over the last couple of months attendance has exceeded 50 requiring an additional tennis court to be chalked up at each session. We are hopeful that another two tennis courts will also be permanently marked to accommodate the ever-growing waiting list.

Interclub Tournament dates to remember both being held at Victoria Point State High School starting at 9am and finishing around 5-6pm:

- Sunday 19th April Southside Pickleball and Wynnum Pickleball clubs.
- Saturday 16th May Redbank Pickleball Club.

All details are in OpenSports, so please check there for more information.

Finally, as winter approaches and jumpers appear the focus on warming up becomes very important. So, take the time to prepare; dink first before going to a base line warm up rally.

Stay safe and enjoy.

Chris Warner (Club President)



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Coaches Corner

Why Can't I Stop Hitting Into The Net After Playing Well? Five Steps To Break The Cycle

It happens to every Bayside player at some point. Here's what's actually going on — and how to snap out of it.

You're having one of those sessions out at the Bayside courts. The balls are landing where you want them, your dinks are landing soft, your third-shot drops are drawing the odd appreciative nod from the next court over. Life is good.

Then something shifts.

Maybe you switch partners. Maybe you drop a game you should have won. Maybe someone makes an offhand comment about your backhand. And then it happens — you hit one into the net. No big deal. Then another. Then another.

Suddenly you can't buy a shot that clears the tape, and you have absolutely no idea what just happened.

You're not alone. We see it regularly in our pickleball sessions, and it's one of the most common — and most misunderstood — experiences in recreational pickleball. The good news is that sports psychology has a very clear explanation for why it happens, and an equally clear path out of it.

What's Actually Going On In Your Brain

When you were playing well, you were operating in something researchers call implicit processing. Your movements were automatic, fluid, built from repetition. You weren't consciously thinking about your elbow, your grip pressure, or the angle of your paddle face. You were just playing.

The moment something goes wrong — socially, emotionally, or competitively — your brain shifts gears. It activates explicit processing: a more analytical, self-monitoring mode. Suddenly you're thinking about every component of a shot you used to hit without thinking. Research shows that directing attention internally to your own body movements significantly reduces performance compared to focusing externally on the outcome.

In other words: *the more you think about how you're hitting the ball, the worse you hit it*. When you stop trusting your body and start supervising it, you're not helping — you're getting in the way.

The net shots aren't a technique problem. They're a trust problem.

The Anxiety-Attention Spiral

That first net shot creates a small jolt of anxiety. Anxiety narrows your attentional focus — pulling you further inward, toward your mechanics. The next shot suffers. Anxiety increases. The spiral tightens.



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Your brain doesn't distinguish cleanly between "I might lose this game" and actual danger. Cortisol and adrenaline start trickling in. Muscle tension increases — particularly in the forearm and wrist, the exact muscles you need relaxed for a clean, controlled shot. Tight forearm. Tight wrist. The paddle face drops on contact. Ball goes into the net. Every time.

Why Your Brain Repeats the Mistake

Every time you repeat a movement, your brain wraps a layer of myelin around that neural pathway — the insulation that makes signals travel faster and more automatically. This is how muscle memory forms. The catch is that your brain doesn't distinguish between good movements and bad ones. Hit the ball into the net enough times under stress, and that pathway starts to become the default.

Neuroscientists have identified what some call an error-signal paradox: when you make a mistake, your brain fires a strong error signal designed to correct the movement — but simultaneously inhibits it to prevent confusion. The result? The same flawed motion gets repeated, even though part of your brain knew it was wrong. You're not being mentally weak. You're up against a genuine neurological loop.

Why Partner Changes and Game Losses Are Such Common Triggers

Both carry a specific psychological payload: identity threat. When you switch partners — especially to a stronger player — your self-assessment of competence is suddenly on the line. When you lose a game you expected to win, your narrative about yourself as a player gets challenged. Both push you into prove-mode, intensely focused on demonstrating something rather than just playing.

Many of our Bayside members feel this more acutely because pickleball has become a genuine social identity here — not just a hobby. When your game falls apart in front of people you train with week in, week out, it stings in ways that go well beyond the scorecard. That's completely normal, and it's worth naming.

The Fix:

Five Practical Resets For Mid-Game

Most players try to correct their way out of the spiral — tinkering with grip, reminding themselves to follow through, telling themselves to "just relax." This almost never works, because it deepens the internal focus that caused the problem. The research-backed approach is almost counterintuitive: shift your attention outward, not inward.



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1. Pick a specific target, not just "over the net"

Pick a precise landing zone — a kitchen corner, a specific foot. Specificity forces attention outward. Your body self-organises around a clear external target in a way it simply cannot when you're focused on your paddle arm.

2. Use a reset word

One word — "through," "soft," "trust" — delivered to yourself just before contact can interrupt the spiral. Your brain can only hold one focal point at a time. Give it something useful.

3. Slow your breath, not your game

Three slow, full exhales between points measurably reduces your cortisol response. A long exhale activates the parasympathetic nervous system and releases muscle tension faster than almost any other in-the-moment intervention. Try it between serves at your next Masters Cup session.

4. Acknowledge the miss — briefly

Suppressing frustration actually prolongs its effect. Brief acknowledgment — even just "yep, that happened" under your breath — allows the brain to file the event and move on rather than ruminate. Don't pretend the miss didn't happen. Just refuse to give it more than three seconds.

5. Vary the next shot, don't repeat it

When you're in a net-shot spiral, every instinct says hit the same shot again until you get it right. Motor learning research says the opposite works better. Vary something small — the pace, the angle, the target. Slight variation keeps your motor system adaptive and prevents the faulty pathway from deepening. You're not practicing the mistake out of existence. You're breaking the neurological groove it's trying to settle into.

Leave the Court Intact

Here's what no one tells you about the net-shot spiral: it's not a skill problem, and it's not an age problem. It's a very human problem that happens to world-class athletes, recreational players, and everyone lining up on a Wednesday morning at Bayside.

The players who recover fastest aren't the ones with the best technique. They're the ones with the shortest memory. The goal isn't to never hit the net again. The goal is to stop treating two consecutive net shots as evidence that something is fundamentally broken.

Nothing is broken. Your nervous system got spooked, your attention turned inward, your muscles tensed up, and your cerebellum started reaching for the wrong pathway. That's not a flaw — that's biology.

The courts will be there next session. So will your game. Your job between now and then is to stop supervising yourself — and start trusting the player who was winning just twenty minutes ago.



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Supporting our Members

Club Members Business Page

As we have mentioned many times before, our fantastic club is a Club for its members.

We want to help support you as a thankyou for being apart of our great club and supporting the sessions and events we host.

We are pulling together a business page to highlight the many varied businesses our members are involved with.

If you would like to have your business listed with us, please send as email to Andy Tompkins (andy@fifteenpeaks.com.au) with your Business Name, Contact Details and a short description of what you do.

We will have this information up on our club webpage and available to view at our pickleball sessions.

Help support our members and contact one of them today!!

Owner	Business Name	Email	Mobile	Category	Overview
Andy Tompkins	Fifteen Peaks	andy@fifteenpeaks.com.au	0425 030 633	Finance consulting	Bookkeeping, Fractional CFO and CFO advisory services for small to medium businesses
Wes Ferreria	WebForce Media	wesley@webforcemedia.com	0432 008 793	Advertising & Marketing	WebForce Media is an AI-powered advertising agency helping businesses generate more leads and increase sales. Our AI Ads Manager automates your ad campaigns across Google and Facebook. Empowering you to take control of your advertising and drive real business growth.
Sam Graham	Sam's Smart Repairs	ssrmobile@outlook.com.au	0421 324 852	Vehicle Repairs	Everything automotive paint & panel
Brian Krisanski	ExcelSuperSite	brian@excelsupersite.com	0431 701 066	Spreadsheets	All things spreadsheets for small to medium sized businesses. Creation, development, automation...
Brian Krisanski	Pickleball Coaching with Brian	coachbrianpickleball@gmail.com	0431 701 066	Pickleball Coaching	Master your pickleball game and take it to the next level with 1-on-1, or small group coaching sessions
Brian Krisanski	KSix Woodworking	brian.krisanski@gmail.com	0431 701 066	Woodworking/Garden Furniture	Locally built outdoor garden furniture and structures - everything from Dragon Fruit trellises, ornamental Rose trellises, planter boxes etc

**** If you would like to add your details onto this Business Directory please email andy@fifteenpeaks.com.au****

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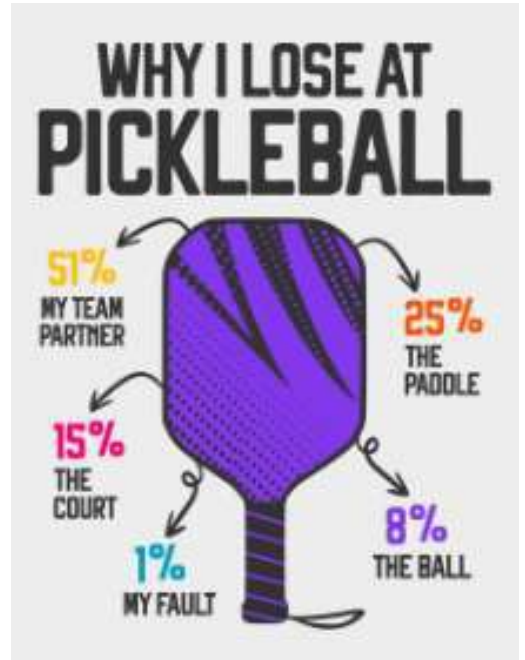
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Pickleball Funnies!!



Larry began to realize that these "accidents" always seemed to occur after he missed a shot...





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Take your Game to the NEXT Level!!

(Brian Krisanski - BBPC Coach/Instructor)

Want to improve your pickleball skills and take your game to the next level?

Get in contact with Brian Krisanski, our club coach/instructor and discuss how he can help you improve.

Brian is officially recognised and accredited with Pickleball Australia and Pickleball Coaching International and regularly runs 1 to 2 hour coaching sessions for one-on-one or small groups.

Contact Brian at: coachbrianpickleball@gmail.com

PICKLEBALL COACHING
with **BRIAN**
Pickleball Australia Certified Coach
Pickleball Coaching International Certified Coach
(Australian and Queensland Championships medallist)
email: coachbrianpickleball@gmail.com

MASTER your Pickleball game and take it to the next level!!!

Beginner, Intermediate & Advanced players all welcome!

COACHING OPTIONS
Private one-on-one (\$60 per hour)
2 players (\$40 per hour per person)
Group of 3 or 4 (\$30 per hour per person)
Bulk purchase discounts available

Brisbane Bayside Pickleball Club Merchandise

Love our club and want to show it off??

Why not get some Club merchandise?

Check out our online store at

<https://bbpc.redbubble.com>





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Weekly Pickleball Sessions

Each week we run the following pickleball sessions. Reserve your spot via OpenSports –

<https://opensports.net/bbpc/tab/events>

For more information and instructions how to reserve your playing spot, see our webpage:

<https://www.baysidepickleballclub.com/book-session>

Wellington Point Tennis Courts (Outdoor Courts)

- **Monday 7:00pm-9:00pm**
Social/Come 'n' Try
- **Wednesday 6:30pm-8:30pm**
Intermediate+
- **Thursday 6:30pm-8:30pm**
Social & Intermediate/Advanced sessions
- **Sunday 3:00pm-5:00pm**
Self run session – no host (BYO gear)

Iona Tennis Centre (Outdoor Courts)

- **Monday 6:30pm-8:30pm**
Social
- **Wednesday 6:30pm-8:30pm**
Social/Come 'n' Try

Victoria Point State High School (Indoor Courts)

- **Tuesday 6:30pm-8:30pm**
Social
- **Thursday 6:30pm-8:30pm**
Social
- **Saturday 8:30am-10:30am**
Social/Come 'n' Try

Cleveland State School (Indoor Courts)

- **Sunday 9:00am-11:00am**
Social/Come 'n' Try

Weekly Pickleball Sessions

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wellington Point Tennis Courts	7-9 PM Social Come 'n' try		6:30-8:30PM Intermediate+	6:30-8:30PM Social 6:30-8:30PM Intermediate-Advanced			3-5PM BBPC Members ONLY
Iona Tennis Centre	6:30-8:30PM Social Come 'n' try		6:30-8:30PM Social Come 'n' try				
Victoria Point State High School		6:30-8:30PM Social Come 'n' try		6:30-8:30PM Social		6:30-8:30AM Social Come 'n' try	
Cleveland State School							9-11 AM Social Come 'n' try

OpenSports - <https://opensports.net/bbpc>
<https://www.baysidepickleballclub.com>
play@baysidepickleballclub.com



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Brisbane Bayside Pickleball Club Committee

President – Chris Warner

email: president@baysidepickleballclub.com

Secretary – Brian Krisanski

email: secretary@baysidepickleballclub.com

Treasurer – Jean Warren

email: treasurer@baysidepickleballclub.com

General Committee

email: play@baysidepickleballclub.com

- Cynthia Krisanski
- Andy Tompkins
- Wendy Tompkins
- Paul Harper
- Corinne Harper
- Greg Ryan
- Kerrie Ryan
- Heather Tyrrell

Our Club Financial Member Stats

Youngest	12.0	Male	150	48.4%		
Oldest	79.1	Female	160	51.6%		
Average Age	53.2	Other	0	0.0%		
		Total	310	100.0%		
	#	%	Male	%	Female	%
Under 20	9	3.4%	5	3.8%	4	3.0%
20-30	12	4.5%	5	3.8%	7	5.3%
30-40	18	6.8%	13	9.8%	5	3.8%
40-50	51	19.2%	27	20.3%	24	18.0%
50-60	92	34.6%	41	30.8%	51	38.3%
60-70	57	21.4%	27	20.3%	30	22.6%
70+	27	10.2%	15	11.3%	12	9.0%
Total	266	100.0%	133	100.0%	133	100.0%

(** some age data not available)

Sponsors

A huge thank you to our club's sponsors.



SwissFish

snap fitness 24/7

IOR

Important Links

Website: <https://www.baysidepickleballclub.com/>

Facebook: <https://www.facebook.com/profile.php?id=100095199866558>

Instagram: <https://www.instagram.com/brisbanebaysidepickleballclub/>

Youtube: <https://www.youtube.com/channel/UCgxBnHjA3MWNmRCwf1eXylQ>



www.baysidepickleballclub.com

play@baysidepickleballclub.com



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Buy / Sell / Swap / Trade

Have any pickleball gear, paddles etc that you are wanting to sell, swap, or trade, then let us know and we can add it here in our newsletter to let our members know what you have to offer or what you are chasing.

Need to purchase a pickleball paddle and not sure where to buy them from or if the one you are thinking about even suits your game?

Brian Krisanski now has a range of demo paddles that you can "Try before you Buy!!"

He will have them available at each session (he attends). Come speak to him to determine which paddle best suits your game.

See Brian/Cynthia Krisanski or Paul/Corinne Harper for more details

NIUPIPO
AUSTRALIA

<https://niupipo.com.au/>



Need a portable pickleball net, pickleball balls, non-residue court tape, or even a Ksix Chalk Line Marker – make sure you visit the Third Shot Warehouse website.

<https://thirdshotwarehouse.com/>



PowerCore Explorer Pro -
Elongated
\$140



PowerCore Explorer Pro -
Widebody
\$140



PowerCore - Jack Foster
14mm
\$210



PowerCore Round Top
Green - Elongated Handle
\$210



PowerCore Square Top
Blue - Elongated Handle
\$210



PowerCore China -
Elongated Handle
\$210



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OBELISK

<https://www.obeliskpickleball.com/paddles>

Use **BRIAN10** for a 10% discount on your order



Horizon III Gen3S
\$249



Invictus III Gen3
\$249



Triple Crown Gen3
\$249



Red Horizon
\$189

CRBN

<https://crbnpickleball.com/>

Use **BRIANCRBN** for a 10% discount on your



CRBN⁴ TruFoam Genesis (Hybrid, Aerocurve)
\$436.00



CRBN³ TruFoam Genesis (Elongated)
\$436.00



CRBN² TruFoam Genesis (Square)
\$436.00



CRBN¹ TruFoam Genesis (Elongated, Long Handle)
\$436.00



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Upcoming Pickleball Tournaments

Check out the following URL for the latest
Tournament listing:

<https://www.baysidepickleballclub.com/tournaments>

2026 Australian Pickleball Tournament Calendar

January

Tournament Name	Tier	Location	Dates
The SPIRIT	T1	Sutherland, NSW	9-11 Jan
Dink Fest	T1	Port Macquarie, NSW	17-18 Jan
Paddles on the Murray	T1	Albury, NSW	23-26 Jan
Central Highlands Ballarat Tournament	T1	Ballarat, VIC	24-26 Jan
Hobart Grand Slam	T2	Hobart, TAS	31 Jan - 1 Feb

February

Tournament Name	Tier	Location	Dates
Tasmania Pickleball Championships	T3	Hobart, TAS	6-8 Feb
QPT Gold Coast	T1	Gold Coast, QLD	13-15 Feb
PPA Tour Australia	T5	TBC, NSW	19-22 Feb
QPT Gladstone	T1	Gladstone, QLD	20-22 Feb
Western Australia State Championships	T3	Perth, WA	27 Feb - 2 Mar
Sydney Grand Slam	T1	Sydney, NSW	28 Feb - 1 Mar



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March

Tournament Name	Tier	Location	Dates
Victorian Pickleball Championships	T3	Melbourne, VIC	6-9 Mar
PPA Tour Australia	T5	TBC, NSW	14-16 Mar
Girls just wanna have fun!	T1	Brisbane, QLD	14 Mar
PCYC Bateau Bay Tournament	T1	Bateau Bay, NSW	20-22 Mar
The Big Chill	T2	Canberra, ACT	21-23 Mar
Australia Masters - Brisbane	T1	Brisbane, QLD	21-22 Mar
Adelaide Mini Tournament	T2	Adelaide, SA	21-22 Mar
Australian Rainbow Pickleball Championships	-	Tempe, NSW	27-29 Mar
WA Junior Classic	-	Nollamara, WA	28 Mar

April

Tournament Name	Tier	Location	Dates
Brisbane Grand Slam	T1	Brisbane, QLD	3-6 Apr
The Big Dill	T1	Melbourne, VIC	3-6 Apr
PPA Tour Australia	T5	TBA, VIC	10-12 Apr
NSW Pickleball Championships	T3	Blacktown, NSW	16-19 Apr
Noosa Doubles Classic	T1	Noosa Heads, QLD	18-19 Apr
QPT Redcliffe	T1	Redcliffe, QLD	24-26 Apr
Battle of the Border (NSW vs VIC)	-	Albury, NSW	25-26 Apr



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May

Tournament Name	Tier	Location	Dates
PPA Tour Australia	T5	TBC, NSW	1-3 May
Australian Masters Sydney	T1	Sydney, NSW	9-10 May
QPT Townsville	T1	Townsville, QLD	15-17 May
Melbourne Grand Slam	T1	Melbourne, VIC	15-17 May
Barrington Seniors	T1	Taree, NSW	16-18 May
South Australia Pickleball Championships	T3	Adelaide, SA	22-24 May
Northern Territory Pickleball Championships	T3	Alice Springs, NT	30-31 May
Buderim Open	T1	Buderim, QLD	30-31 May
QPT Mackay	T1	Mackay, QLD	30-31 May

June

Tournament Name	Tier	Location	Dates
Warrnambool Pickleball Open	T2	Warrnambool, VIC	5-8 Jun
Gold Coast Grand Slam	T1	Gold Coast, QLD	5-7 Jun
PCYC Wagga Wagga Tournament	T1	Wagga Wagga, NSW	6-8 Jun
PPA Tour Australia	T5	TBC, NSW	12-14 Jun
QPT Sunshine Coast	T1	Sunshine Coast, QLD	19-21 Jun
River City Classic	T2	Brisbane, QLD	26-28 Jun
Pride and Paddles	T2	Melbourne, VIC	26-28 Jun



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July

Tournament Name	Tier	Location	Dates
Queensland Pickleball Championships	T3	TBC, QLD	2-5 Jul
Australian Masters - Gold Coast	T1	Sydney, NSW	11-12 Jul
QPT Yeppoon	T1	Yeppoon, QLD	17-20 Jul
Hawkesbury Winter Tournament	T2	Hawkesbury, NSW	17-20 Jul
Yeppoon Pickleball Festival	T1	Yeppoon, QLD	20-21 Jul
PPA Tour Australia	T5	TBC, VIC	24-26 Jul
Yeppoon Classic	T1	Yeppoon, QLD	24-26 Jul
Pickleball Australia Seniors - Ocean Grove Classic	T1	Ocean Grove, VIC	TBC

August

Tournament Name	Tier	Location	Dates
Sydney Grand Slam	T1	Sydney, NSW	1-2 Aug
Northern Rivers Regional Rally	T1	Ballina, NSW	7-9 Aug
Gippsland Championships	T2	Traralagon, VIC	7-9 Aug
QPT Cairns	T1	Cairns, QLD	8-9 Aug
PPA Tour Australia	T5	TBC, QLD	15-17 Aug
Australian Masters Melbourne	T1	Melbourne, VIC	22-23 Aug
QPT Hervey Bay	T1	Hervey Bay, QLD	28-30 Aug

September - December

No tournaments currently scheduled



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How do I register to play in a Tournament

Once you've found a tournament you would like to attend, head to Pickleball Tournaments (<https://pickleballtournaments.com/>) and set up a profile or register.

How do I find out my Member ID number?

To find out your member number and your membership expiry date head to the Member Finder section of the Pickleball Australia website (<https://www.revolutionise.com.au/pickleballaus/member-finder/>).

When I try to register it says that my membership expires before the tournament commences and wants me to renew early!

That is true. When you register for the tournament, the system needs to ensure that you are a valid member during the tournament. But, just because it asks you to renew early, that doesn't mean that you lose months of membership. Your expiry date does not change. So even though you have to renew in January for a tournament, your expiry date of May does not shift and you won't be asked to renew again until May 2027.

What do I do if I don't have a partner to enter a tournament with?

You can still register for a tournament and choose 'partner required' when you register. You can also see who needs a partner within that tournament and you can reach out to them using the Pickleball Tournaments website.