



BUYING A PADDLE

There are many different types of paddles designed for different types of play, whether you want power or something suited for a soft game, or both. Prices start at around \$35.00 and go up from there. Try out different paddles and find the one that works best for you. You can either contact one of the distributors below or go to one of the many tournaments in the region.

The paddles we use for our training are quite heavy, around 8 ounces or more. As your game progresses, you may wish to try a lighter paddle or stick with a heavier one, whatever works for you. Make sure you have a handle that best fits your hand; they can be resized. Cushioned grips help prevent arm and elbow pain. Change your grips often as they do wear out.

PADDLE DISTRIBUTORS



info@raysrackets.com

<https://raysrackets.com/#top>

Ray's Rackets will provide players an opportunity to try out paddles for a minimal price. And they will give you 10% off if you tell them you are from PEM.



<https://www.pickleballcentral.com/>

Products include paddles (many makes and models), balls, nets and posts, clothing and other stuff! Good information on types of paddles, materials they are made of and what works best for the type of game you play.



<https://www.paddletek.com/>



<https://prolitesports.com/product-category/pickleball-paddles/>



Selkirk Pickleball Paddles

<https://www.selkirk.com/>



<http://www.pickleballnow.com/>



<http://www.zztsports.com/home.html>



<http://pickleball.com/>



<http://www.allpickleball.com/>