



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PICKLEBALL IS HERE!

**CELEBRATING THE GRAND  
OPENING OF PICKLEBALL AT  
YMCA BETHESDA-CHEVY CHASE  
& YMCA SILVER SPRING**

## **Meet Sonny Tannan, the Y's new Director of Pickleball**

Sonny has been coaching and playing sports since his days in college. He transitioned from coaching as a tennis pro in various tennis clubs, to Nike and eventually to the sport of pickleball. He is a Team HEAD-sponsored player, USA Pickleball Ambassador and PPR Certified Professional. Feel free to check out his website ([sonnytannan.com](http://sonnytannan.com)) or reach out to connect with him on social media.

He welcomes every level of play to step on the court in order to learn something about their game and how to elevate it to the next level. If you have just begun to play the sport or are looking for competitive strategy and tactics for tournament-level play, you will leave each lesson with at least 1 actionable item to improve your game. See you on the courts soon!

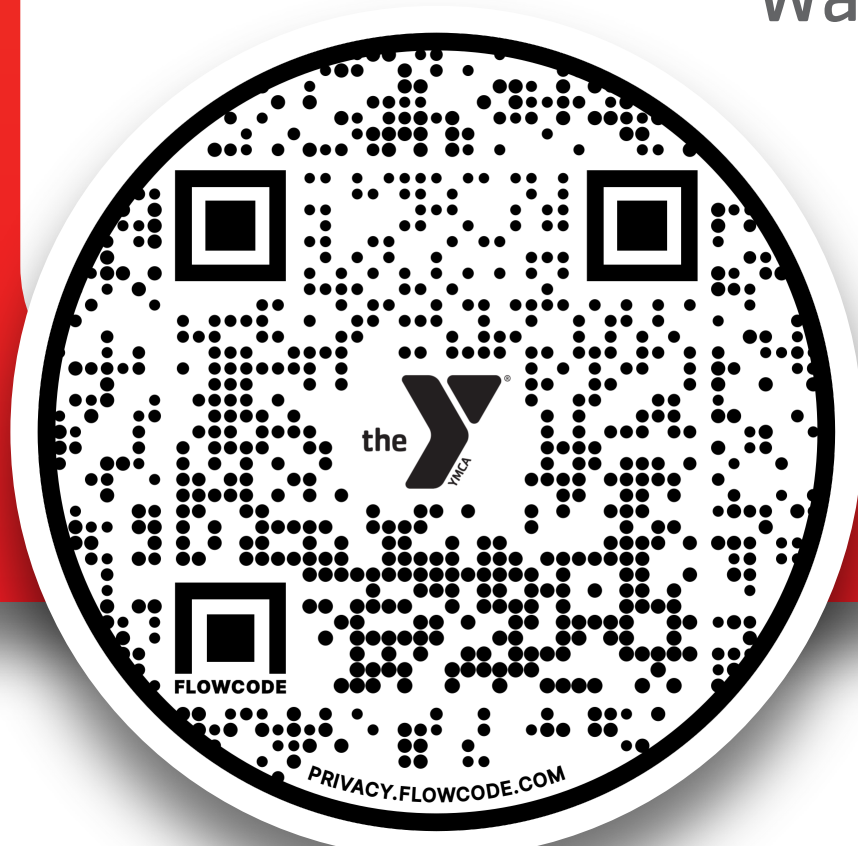


## **Meet Kristen Larrick, Director of Pickleball Programming**

Kristen Larrick has been a part of the YMCA since the day she was born. Growing up, she spent a lot of her time in childcare, participating in sports camps, working as a camp counselor, and volunteering at events at the YMCA. Kristen's time spent participating on many YMCA sports teams and camps led her to a full scholarship to play Division 1 volleyball at the College of William & Mary. Here, she majored in Kinesiology and minored in Art and Art History with the intent on continuing to be a part of the YMCA.

She began her talents at the YMCA as the Assistant Wellness Director at YMCA Anthony Bowen in D.C., overseeing the gym floor, personal training, and group exercise. After about 2 years, she spent a summer helping out at YMCA Camp Letts in Edgewater M.D., and then returned as Assistant Wellness Director at YMCA Fairfax County Reston in V.A. for about a year.

Kristen is excited to help start the pickleball program at the YMCA of Metropolitan Washington as the new Director of Pickleball Programming! The YMCA has always been an integral part of Kristen's life and over the years she has adopted the mission and is passionate about continuing her efforts to give back to the community.



**SCAN HERE** TO REGISTER FOR OUR PICKLEBALL GRAND OPENING FESTIVAL!