



THAT

PICKLEBALL MEMBER PROFILE

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From Skeptic to Avid Player: How Pickleball Became Michael Meltzer's Passion

About a year ago, 65-year-old Michael Meltzer began playing pickleball regularly and discovered that the sport offered three things he deeply valued: physical challenge, mental strategy, and connection with people.

But twenty years ago, he thought the sport was a joke when he first heard about it.

"I was talking to a retiree named Ken," said Michael, "and he told me he was going to stop playing tennis and switch to pickleball. I had no idea what he was talking about."

Then about seven years ago, the sport came up again when Michael's son, Cole, mentioned pickleball and suggested they try it. "Suddenly," chuckled Michael, "it clicked that Ken really had switched sports and pickleball was a real thing."



Sparking Curiosity

That realization led to a simple experiment.

"We bought a net and some paddles on Amazon," Michael said. We'd set it up on the street in front of our house, or go to a parking lot and play a couple of times during the summer."

And that's the way pickleball remained in

Meltzer's house for a

few years. "About three or four years ago," Michael noted, "I started playing more just for fun."

From Casual Fun to Regular Play

But the seed was planted, and about a year and a half ago, he realized how much he liked the game and started playing more regularly.

Sports have always played a central role in Michael's life.

“Growing up,” he says, “I played some baseball, basketball, soccer, badminton, squash, and a lot of hockey and golf. I stopped playing hockey about five years ago, but still play golf and practice yoga.”

Balancing Life Between Toronto and Miami Beach

During the winter months, from December through March, Michael splits his time between Toronto and Miami Beach. Having attended law school, he is able to combine his legal training with his work in real estate. “I really like playing pickleball on the public courts in South Florida,” he says. “It’s warm and they have games going from 7 am until 11 p.m.”

Michael’s wife, an avid tennis player, joins him when she can, although as a litigation attorney, she often needs to remain in Toronto for work.

While in Miami, Michael has settled into a routine he enjoys. “I get up at 6:30, watch the sunrise over the ocean, stretch, have breakfast, and then head to the courts. I love that routine,” he says.



Staying Competitive Without Losing Balance

Although naturally competitive, Michael says he wants to be careful not to let the sport take over his life.

I’ve only played one tournament,” he says, “which was only for fun. I

intentionally hold myself back from tournament play. I know that once I cross that line, it will be all-consuming.”

At this stage of life, he wants balance, so he plays three to four times a week, mixes in yoga for longevity, and consciously takes days off to play golf or practice yoga to protect his knees and body for the long term.

Learning and Growing

“I first found Kyle Koszuta (That Pickleball Guy) on Instagram, and followed him,” he said. “I really liked his content and personality. When he started his school, I joined. I honestly haven’t seen anything else like it. I am so very impressed.”

“Along the way,” he added, I get to learn a lot about pickleball and get to meet a lot of nice people online. It is just such a win-win situation.”

