

Pickleball Coach, Rachael Kroog, wants to take your game to the next level.

Rachael holds a double certification by the IPTPA(International Pickleball Teaching Professional Association) and the PPR(Professional Pickleball Registry). She is sponsored by Engage Pickleball.

Have fun

Reduce your anxiety by calming your mind

Increase your consistency, power and control through:

Peace, patience, placement and lots of perfect practice

***“Rachael Kroog's teaching mantra is "Less is More." She deftly avoids the typical instructor's trap of too much information accompanied by excess verbiage that overwhelms. Instead, Rachael will identify a single vital skill and analyze what steps the student must take to approach mastery of it. Then it's practice, practice together. Expansion of the player's muscle memory is the result. A retired teacher myself, I know a top-notch instructor when I see one”***

**“I know why I procrastinated: I just didn't think I could come up with the words to portray the full power of your teaching. You really are a “born teacher.” I still don't think I did justice with my words.”**

**“Many people are born with talent. Some are born teachers. A few very special people are able to open our eyes to the wisdom of the world through their talent and teaching. When taking a pickleball lesson from Rachel Kroog it is obvious that she has all of these attributes. Not only did I leave her lesson with a better pickleball game, but with a better understanding of what I need to learn (and re-learn) in life”!**

Rachael has accumulated over 100 medals in her 10 years of competition. She's competed at the 5.0 level in tournaments across the country winning golds in state tournaments in MN, WI, AZ and TX, and gold medals at The National Pickleball Championships, The National Senior Games, The US Open and in The World Huntsman Games.

Rachael was named outstanding female athlete of her High School winning the sectional championships in basketball, softball, tennis and volleyball. She held a NY State ranking of #2 in women's doubles which led to a 4 yr athletic scholarship to The Univ. of Ky. She was inducted into her High School Athletic Wall of Fame for achieving what no other athlete has garnered, 16 varsity letters in 4 different sports.

"My dad, my athletic hero and MN State Champion baseball pitcher, Fred Kroog, taught me how to play this addicting game and he and I had many fun years of playing together."

In my desire to give back and honor my dad, a % of the \$ made from my PB coaching goes towards offering free musical programs for our elders living in senior living communities in the Twin Cities.

Rachael is available for private, semi private or group lessons. 20% discount for members of the Villages Pickleball club

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