



# NEWSLETTER



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REGISTERED CHARITY: 1094874

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## Re-activate Bucks scheme

Not for the first time, we are taking part in the re-activate Bucks scheme. This scheme is designed to get adults back into sports (gently!). We are offering a free session for those who want to try badminton. This scheme runs for one week only in February (usually the first one).

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### Some results

Well done to our teams who are competing on Sundays (mornings at the High School for the juniors) and afternoon at Quarrendon and Meadowcroft (when playing at home). The latest results I have received are as follows:

#### Mens Division 2

drew 3-3 against Leighton Buzzard

#### Juniors

Well done to Phoenix C who won 12-0 against Leighton on the 11<sup>th</sup> of January

On the same day, Phoenix D also won 8 - 4 against Hemel D.

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## Exciting News! From Sue

I have recently been certified as an NLP practitioner!! (Hypnotherapy and TMT™ follows in March) This means that I shall be incorporating some new techniques into the delivery of the sessions (some of which have been used already)

What is NLP? **Neuro-Linguistic Programming (NLP)** is an incredibly powerful discipline that enables people to unblock the structures of human communication and human excellence. By doing so people can think, communicate and manage themselves, and others, more effectively.

NLP explores the relationships between how we think (neuro), how we communicate (linguistic) and our patterns of behaviour and emotion (programmes).

By studying and learning from these relationships people can effectively transform the way they traditionally think and act, adopting new, far more successful models of human excellence. (This activity is called modelling and is a key feature that distinguishes NLP from psychology).

In effect, NLP is a powerful change management tool that transforms the way people think and act to have the greatest impact both professionally and personally. That's why NLP is one of the most powerful skills used in business management, psychology, sales, sports coaching and all forms of personal development.

### NLP can help you to:

Be more successful by learning to influence your emotional and psychological states.

Replace negative behaviours and habits with positive ones.

Transform the way you go about everyday tasks.

Be more aware of your impact on others and how to manage your behaviour for optimal results.

Better understand your own motivations, needs and behaviours and use these positively to have the greatest impact.

Better understand your staff's and customer's needs, motivations and behaviours.

Improve and enhance your interpersonal communication at the office and at home

DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
<b>MONDAY</b> 5.30 – 7.30 <b>GRAMMAR SCHOOL</b>	Intermediate / Advanced	23 <sup>rd</sup> Feb – 30 <sup>th</sup> Mar 6 weeks	£42.00 (£48.00)*	£39.00
<b>MONDAY</b> 7.30 – 10.00PM <b>HIGH SCHOOL</b>	<b>CASUAL PLAY</b> <b>All standards!!</b> Adult session (over 16's)	Every Monday except Bank Holidays	£5.00 Pay as you go (plus a one off annual insurance / affiliation fee of £21.00 This covers players for any session!!)	
<b>TUESDAY</b> 6.00pm – 8.00pm <b>GRAMMAR SCHOOL</b>	Intermediate / Advanced 13 yrs and over	24 <sup>th</sup> Feb – 31 <sup>st</sup> Mar 6 weeks	£42.00 (£48.00)*	£39.00
<b>WEDNESDAY</b> 4.00pm – 5.00 pm <b>Q &amp; MEADOWCROFT</b>	Young Beginners Under 8 years	25 <sup>th</sup> Feb – 1 <sup>st</sup> Apr 6 weeks	£21.00 (£27.00)*	£18.00
<b>WEDNESDAY</b> 5.00pm – 6.00 pm <b>Q &amp; MEADOWCROFT</b>	Young Beginners Under 8 years	25 <sup>th</sup> Feb – 1 <sup>st</sup> Apr 6 weeks	£21.00 (£27.00)*	£18.00
<b>THURSDAY</b> <b>PREMIER SQUAD</b> 6.00pm – 7.30pm <b>HIGH SCHOOL</b>	Advanced Practise Invitation only	26 <sup>th</sup> Feb – 2 <sup>nd</sup> Apr 6 weeks	£30.00 (£36.00)*	£27.00
<b>THURSDAY</b> 7.30 – 10.00PM <b>HIGH SCHOOL</b>	<b>CASUAL PLAY</b> <b>All standards!!</b> Adult session (over 16's)	Every Thursday	£5.00 Pay as you go (plus a one off annual insurance / affiliation fee of £18.00 This covers players for any session!!)	
<b>FRIDAY</b> 6.00pm – 8.00pm <b>COLLEGE</b>	Beginner/Intermediate	27 <sup>th</sup> Feb – 3 <sup>rd</sup> Apr 6 weeks	£42.00 (£48.00)*	£39.00

**Discount is given to players for one session if they attend two sessions per week.  
For those who attend three sessions discount is given for the first two.**

**I wish to enrol for the following sessions**

Name/s:	Sessions	Payment per session	Total fees
I ENCLOSE A CHEQUE FOR MADE PAYABLE TO <b>PHOENIX JUNIOR BADMINTON CLUB.</b>			£.....

**Please return slips and payment to:**

Mrs Carol Chanell, 20 Middle Road, Aylesbury, Bucks, HP21 7AD Tel: 01296 426687

**PLEASE NOTE: - ALL PAYMENTS SHOULD BE MADE WITHIN THE FIRST TWO WEEKS OF EACH HALF TERM. THANK YOU.**

**AS WELLAS THE SESSIONS**

**Adults joining from September pay £21, joining from January pay £18, joining from April pay £15.  
Juniors joining from September pay £9, joining from January pay £6, joining from April pay £3.**