

WOW!!! WHAT A TOURNAMENT!!

It all started at about 12.00pm when players and organisers started to arrive. The 2 courts were in constant use parents playing with or against their children, or people playing within a certain age group category. All in all a lot of fun to be had by all concerned. Between the delicious cakes on sale, the warm and friendly atmosphere and the various age groups represented we all had a really good time.

This was followed by the presentation evening during which people brought and shared their dinner... It was wonderful to see about 30 people tucking in and enjoying each others' company talking about the various matches that had gone on that day or simply meeting new faces.

What a day!!! It was nice to see all the parents and players. We will definitely do it again



Nancy Payne receives a trophy as best improved player on the Monday night group



David Chanell receives the trophy for in-house Captain of the year.



Just TRY!!

*All those who try will one day succeed
All those who fail will find joy
For Edison failed 500 times
Though he never gave up
What a boy!!*

*So look at the light unbelievers!
Remember these words they are true!
Those that don't try
Will never get by
Please don't let it be you!*

*What makes you afraid my dear friend
To take up the gauntlet and try?
To live life to the full to the end,
Are you just a bit scared you might cry?*

*Ego, I've heard it so often,
Goes straight to our head it's been said!
Please shoot it straight in the bottom
Kill it, quite stony, cold dead!*

*Then you'll be free to start living,
~You won't fear what others might think
Life can be an adventure
Enjoy it - and stay in the pink!!*

the coaching academy
The international leader in coaching and mentoring courses

- The M.A.G.I.C. Youth development programme provides a fresh opportunity for young people.
- Coaching is about them, the program identifies soft skills that they can carry throughout their life.
- The benefit is in giving young people a chance to identify and release their true potential and achieve sustainable results and outcomes

Coaching *you* first... www.the-coaching-academy.com

M MOTIVATION

- ❖ Gain an understanding of the importance of values.
- ❖ Identify their own values and their impact.
- ❖ Develop an understanding of motivation
- ❖ To understand different behaviours

A ASSERTIVENESS

To understand different behaviours

- ❖ Assertive
- ❖ Aggressive
- ❖ Passive

To understand how Beliefs are formed

- ❖ To show how negative / positive beliefs impact on attitude and behaviour
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- ❖ To show how negative / positive beliefs impact on attitude and behaviour

G GOAL ACHIEVEMENT

- ❖ To understand what is involved in Goal Achievement.
- ❖ To identify the importance of setting goals and writing action plans.
- ❖ To introduce the techniques of setting goals.
- ❖ Identify transferable skills to goal achievement

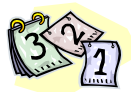
I INITIATIVE

- ❖ To recognise how to bring out the best in themselves.
- ❖ To understand how to bring out the best in another.
- ❖ To understand how to use a simple coaching model

C CONFIDENT COMMUNICATION

- ❖ To understand the importance of building rapport.
- ❖ To appreciate ways in which rapport can be achieved
- ❖ To demonstrate the importance of listening in confident communication
- ❖ To understand the power of questions and self talk
- ❖ To understand to respond rather than react to events/situations

As a life coach I will be receiving my training and licence to deliver this course in November and am offering one free course to our Phoenix members. It is for over 13's and in order to take up the offer delegates will have to be committed to attend each 2 hour session for the full course of six sessions. Parents should be committed to support them for this and will be expected to attend a meeting for preparation in order to understand the course content. For more details contact Sue Rutson 07763773358 or inspiration.coaching@yahoo.co.uk
Maximum number of delegates – 6.
Dates and times: Presentation meeting Monday 19th Nov 8.00pm (parents and delegates or anyone interested) Sessions Sunday mornings 9.00 to 11.00am 25th Nov, 2nd, 9th, 16th Dec Wed 12th and 19th Dec.



NEWS IN BRIEF AND DATES FOR YOUR DIARY

<p>27 October</p> 	<p>6pm - 10pm Halloween party at Sue Rutson's house, admission £5.00 adults, £3.00 children. See below!</p>
<p>16 December</p> 	<p>Christmas Party at the Quarrendon and Meadowcroft Community Centre from 5pm - all welcome.</p>

IT IS SPOOKY... IT IS FANCY DRESS IT IS A... **HALLOWEEN PARTY**

Be the best witch,
Be the scariest monster,
Be whatever you wish,
Just be there...



ANNOUNCEMENT THE PHOENIX WEBSITE IS LIVE

After many months of hard work and countless e-mails and telephone conversation, we would like to announce the birth of our website!!

www.phoenix-badminton.co.uk

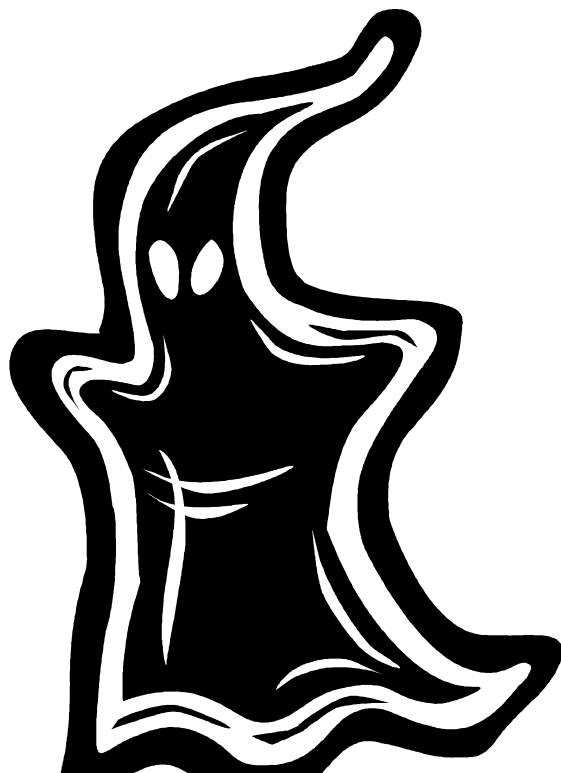
Please feel free to browse, check out matches and, of course, give us your opinion on what you see, and may be some ideas to improve it. Thank you.

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If you have any ideas, poems, news you would like to share with our members, please feel free to e-mail your club secretary:

isabelle.baldwin@ntlworld.com

Thank you



DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
MONDAY 5.30 – 7.30 GRAMMAR SCHOOL	Intermediate / Advanced	29 Oct. – 17 Dec. 8 weeks	£56.00	£53.00
MONDAY 7.30 – 10.00PM HIGH SCHOOL	CASUAL PLAY All standards!! Adult session (over 16's)	Every Monday except the 1 st Monday in the month and Bank Holidays	£5.00 Pay as you go (plus a one off annual affiliation fee of £11.40 This covers players for any session!!)	
TUESDAY 6.00pm – 8.00pm GRAMMAR SCHOOL	Intermediate / Advanced 13 yrs and over	30 Oct. – 18 Dec. 8 weeks	£56.00	£53.00
WEDNESDAY 6.00pm – 7.00pm GRAMMAR SCHOOL	Beginner / Intermediate	31 Oct. – 19 Dec. 8 weeks	£28.00	£25.00
WEDNESDAY PREMIER SQUAD TWO 4.00pm – 6.00 pm Q & MEADOWCROFT	Advanced Practise Invitation only	31 Oct. – 19 Dec. 8 weeks	£48.00	£45.00
THURSDAY PREMIER SQUAD ONE 6.00pm – 7.30pm HIGH SCHOOL	Advanced Practise Invitation only	1 st Nov. – 20 Dec. 8 weeks	£40.00	£37.00
THURSDAY 7.30 – 10.00PM HIGH SCHOOL	CASUAL PLAY All standards!! Adult session (over 16's)	Every Thursday	£5.00 Pay as you go (plus a one off annual affiliation fee of £11.40 This covers players for any session!!)	
FRIDAY 5.00pm – 6.00pm COLLEGE	Beginners. Aged 6 to 10 yrs	2 nd Nov. – 21 Dec. 8 weeks	£28.00	£25.00
FRIDAY 6.00pm – 8.00pm COLLEGE	Beginner/Intermediate	2 nd Nov. – 21 Dec. 8 weeks	£56.00	£53.00

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 PHOENIX JUNIOR BADMINTON CLUB.	£.....
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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 PLEASE