

DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
MONDAY 5.30 – 7.30 GRAMMAR SCHOOL	Intermediate / Advanced	14 th Jan – 11 th Feb 5 weeks No session 7th Jan	£35.00	£32.00
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 £12.00 This covers players for any session!!)	
TUESDAY 6.00pm – 8.00pm GRAMMAR SCHOOL	Intermediate / Advanced 13 yrs and over	8 th Jan – 12 th Feb 6 weeks	£42.00	£39.00
WEDNESDAY 6.00pm – 7.00pm GRAMMAR SCHOOL	Beginner / Intermediate	9 th Jan – 13 th Feb 6 weeks	£21.00	£18.00
WEDNESDAY PREMIER SQUAD TWO 4.00pm – 6.00 pm Q & MEADOWCROFT	Advanced Practise Invitation only	9 th Jan – 13 th Feb 6 weeks	£36.00	£33.00
THURSDAY PREMIER SQUAD ONE 6.00pm – 7.30pm HIGH SCHOOL	Advanced Practise Invitation only	10 th Jan – 14 th Feb 6 weeks	£30.00	£27.00
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 £12.00 This covers players for any session!!)	
FRIDAY 5.00pm – 6.00pm COLLEGE	Beginners. Aged 6 to 10 yrs	11 th Jan – 15 th Feb 6 weeks	£21.00	£18.00
FRIDAY 6.00pm – 8.00pm COLLEGE	Beginner/Intermediate	11 th Jan – 15 th Feb 6 weeks	£42.00	£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 PHOENIX JUNIOR BADMINTON CLUB.			£.....

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**



NEWSLETTER

Please e-mail your articles to isabelle.baldwin@ntlworld.com



REGISTERED CHARITY: 1094874

December 2007 Issue 35

WOW!!!! WHAT A YEAR IT HAS BEEN!!!!

- **12 May 2007 : 24 hour Marathon:** A **GREAT** fund raiser. There was fun (sumo suits, play your cards right, karaoke, Uno, Cranium, etc...) and there was food (bacon sandwiches, cakes and a cooked breakfast!!) and we all enjoyed ourselves enormously, had a lot of fun and thanks to all of our sponsors raised a great deal of much needed cash for the club!!
- **30 September 2007: Tournament and presentation evening:** Thank you to all who got involved in helping before, during and after and for all the fun we had. Children, adults, league and non league players were present and working their hardest to win as many matches as possible. It was good to see so many new faces there, not only playing but also having a lot of fun. This was followed by the presentation evening. This is the one chance we have to say publicly how thankful we are for the people who are giving their time to this club. It was nice to congratulate some new comers for their progress too. **PLEASE NOTE THAT IF YOU HAVE RECEIVED A SHIELD, YOU WILL NEED TO RETURN IT BEFORE THE NEXT PRESENTATION EVENING.**
- **27 October 2007: Halloween Party:** It was nice to see the children (and adults!) get dressed up and let their (green) hair down (!). The costumes were amazing and all had a really spooky but good (!) time. Our thanks to Kristen for organising the party which raised £24.06. Well done

..... **AND NEXT YEAR?? I HEAR YOU SAY**.... My answer: **MORE OF THE SAME!!!** Starting with our **AGM** (sorry to start with that but it is the law and we **MUST** have one of those a year). This is your chance to tell us if you think our club is run properly and, if you would like to get more involved yourself, your opportunity to let us know about it. **24 Hour Marathon, Tournament and Presentation evening** and parties, parties... parties!!!

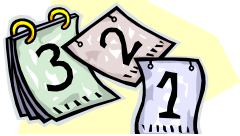
WELL DONE TO OUR JUNIOR TEAMS FOR WINNING THE FOLLOWING FIXTURES...

03 November	High Wycombe Boys U16 V Eagles Boys U16	10-2	Wesley Payne, Jon Ramsell, Peter Sherwood-King and Daniel Wheeler
17 November	High Wycombe Boys U14 V Dragons Boys U14	9-3	David Chanell, Blake Foulds, Matthew Hall and Carl Neale
24 November	High Wycombe Boys U14 V Booker U14	12-0	David Chanell, Blake Foulds, Matthew Hall and Carl Neale
01 December	High Wycombe Girls U16 V Booker	12 - 0	Nancy and Sarah Payne, Louisa Roffe and Sarah Williams
01 December	High Wycombe Boys U14 V Eagles A.	8 - 4	David Chanell, Blake Foulds, Matthew Hall and Carl Neale

...AND TALKING OF RESULTS, BELOW ARE THE MATCH RESULTS FOR THE ADULTS LEAGUE:

Match Results - Phoenix
Results received by 17/11/2007

Aylesbury Medley	Division 2	For	Against	Points	Opponents
17/10/2007	Away 28 Lost	2	4	2	Wednesday B
21/10/2007	Home 33 Won	5	1	7	Mill Lane
Played 2 Won 1 Drawn 0		7	5	9	
Aylesbury Mens	Division 1				
12/9/2007	Away 3 Lost		6	0	Wednesday A
7/10/2007	Home 7 Lost	2	4	2	Hastoe A
18/10/2007	Away 35 Drawn	3	3	4	Bedgrove A
Played 3 Won 0 Drawn 1		5	13	6	
Aylesbury Mixed	Division 1				
14/10/2007	Home 18 Won	7	2	8	Hastoe
12/11/2007	Away 57 Lost	1	8	1	Hastoe
Played 2 Won 1 Drawn 0		8	10	9	



NEWS IN BRIEF AND DATES FOR YOUR DIARY

19 January 2008

Market stall in Kingsbury Square to help AVDC publicize health and fitness

April 2008

AGM... Your chance to tell us if you are happy with what the committee does

May 2008

24 Hour Marathon - date to be advised - major fund raising event

July 2008

FUN Tournament and presentation evening - one of the highlights of the year

... AND FINALLY...



We wish you and your family a Merry Christmas and all the best for the New Year





Yesterday I met 'Matt'(name changed) who once had a dream; he had a dream of playing badminton in the 2012 Olympics!

So what has happened to this dream of his? When I asked him about his playing the reply was that he no longer plays but when questioned further he did in fact play his last competition in September THIS YEAR!!!! Now not only was this lovely young man taking his level 2 coaching certificate he is a player of merit and has played nationally!!!

This reminded me of a story I read about a boy from a poor family who had to draw a picture of his future for a school assignment. He drew a picture of his dream of owning a stud farm. It was a wonderful farm, with huge barns filled with beautiful horses, green fields and every room in the spacious house was detailed with furniture and decoration. The pupil spent hours of time and care with this drawing and was so hurt when the teacher returned the assignment with no marks!! He was told that the picture was 'unrealistic' for such as himself, that he came from a poor neighbourhood and a farm such as this required a great deal of capital that would not be possible for this boy to attain!! "Go and do something else that IS realistic if you want a mark for this assignment" he was told.

The next day the boy returned to the teacher and boldly stated as he handed in the exact same piece – "I don't want my marks for this; I would prefer to keep my dream!!"

From where Matt is now with his current standard of play, and with a lot of hard work, time and commitment his dream is actually an extreme possibility if only this young man had the belief that he could do it. Instead he CHOOSES to look at all the obstacles such as finance and funding etc and being overwhelmed with these thoughts decides to take no action. The dream is therefore LOST!

How different this is to the story of the school pupil who CHOSE to keep his dream alive and to look for the solutions to the obstacles, who DID in fact worked diligently and steadfastly to achieve a farm EXACTLY like the one in his picture, drawn when a child. The teacher now visits this stud farm with pupils from the school on day visits and has radically changed his views. He explained to the ex-pupil now stud farm owner that once upon a time he used to be a stealer of dreams – he no longer steals dreams from others – he has learnt his lesson!

What dreams have we had that have faded and died? Why do we let go of these inspirations of life? Whose dreams have we unknowingly stolen from others and what right did we have to do so? So many of us are afraid to 'take the risk,' afraid of 'failure,' afraid of others laughing at our ideas. Fear and a lack of belief, looking at obstacles not the solutions etc all kill our dreams.

We live our life by the choices WE make for ourselves. We can choose which way to see things and we choose our response to what people say or think about us.

What choices will you be making in the New Year, what dreams will you be living – yours or someone else's vision of what you should do or be.

Research has shown that at the end of our life we regret the things we haven't done – not the things we have done. My wish for each of you is for you to be true to yourself, to dare to dream, to reach high and grasp every opportunity that presents itself to you, to make mistakes and to learn from each of them and to live life to the full!!

Sue Rutson (Life coach –Member of the Coaching Academy)

CHRISTMAS JOKE TIME!!

What do you get if you cross a centipede with a parrot?

A walkie talkie.

What do you do if your nose goes on strike?

Picket!

What goes croak croak when it's foggy?

A frog-horn

What do you do if you laugh till your sides split?

Run until you get a stitch.

What happened when two fat men run in a race?

One ran in short bursts, the other ran in burst shorts
