



# NEWSLETTER

Please e-mail your articles to [isabelle.baldwin@ntlworld.com](mailto:isabelle.baldwin@ntlworld.com)

REGISTERED CHARITY: 1094874

July 2008 - Issue 39



## A word from our chairman

### FANTASTIC FRIDAY GROUP!!!

I would like everyone to know that the Friday 6 - 8 session is absolutely outstanding in their achievements this term!!!

I am completely amazed at the effort and brilliant attitude in how they have tackled some gruelling training routines.

The group have been running the length of the 4 court sportshall with press ups and sit-ups at the end of each lap for a maximum of 15 minutes: this was to improve general aerobic fitness. **Tom Ramsell** has managed to do 60 lengths and his younger brother **Scott** who is only 11 years old has managed to do 55!!!

**James Munroe** is outstanding in the quality of his press-ups, **Gwyn** has pushed himself through sheer determination to continually improve his runs, and **Holly** who is the only girl in the group has continually kept going for the entire 15 minutes.

I feel so privileged to have the opportunity to work alongside these great youngsters and duly honour them with this recognition.

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### PREMIER SQUADS

**Premier 1** has increased the training standards once again and are increasingly performing to higher levels. The wall squats for 10 minutes at the end of each session seem to be done with more and more ease and the group as a whole are moving higher into the air with jumping to take the shuttle earlier and earlier! The sight of **Alex** jumping and lunging is incredible.

I wish to thank each premier member for their efforts and enthusiasm over the year, I am staggered every time I watch their performance, **Nancy** and **Sarah** are the only girls in the group and seem to make the work look effortless!!

**Richard** is our adult representative in the group and manages to keep up with the young ones - his humour is so welcome and lifts the spirits when the work is hard. It's so good that we can laugh and work at the same time!!

**David Chanell** and **Blake Faulds** are our newest members of the squad and are both showing signs of excellence which is completely what I expect of these players.

If anyone wishes to watch the training they are most welcome to do so.

**Premier 2** will be training at the same time and venue as premier 1 in September with **Eddie** helping with the coaching, and I am looking forward to their continued application and effort.

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### 'STARTERS'

We have the 'Starters' moving to a Wednesday in September. This group is designed for the younger player and will be great fun, we will be using many of the Bisi ideas and tools, to develop the A,B,C,S of movement and badminton. Racket skills will be introduced and the simple playing of the game all in the most fun ways possible. Refreshments, social training, responsibility, fairness, confidence, will all be a part of these sessions and I am really looking

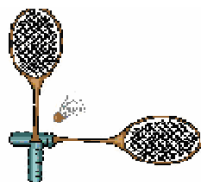
forward to running them. We would be most grateful for any parents coming along to help with this session and of course any other sessions too!

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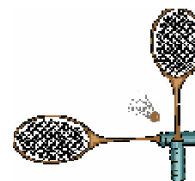
### ROLE OF HONOUR

My sincere thanks go to the following Phoenix players for their commitment to the club in helping younger players.

**Holly Cantle** has been outstanding in helping the younger children improve their badminton skills, and in doing so has become an excellent demonstrator of weight transfer and hitting skills in the rear-court. Thanks also go to **Nancy Payne** who helps with the Friday session, **Ben Garrett**, **Ollie Dunbar**, and **Wesley Payne** who helps with Friday early session, **Sarah Payne** who helps with the Tuesday Session, and **David Chanell** who helps with the 2<sup>nd</sup> Premiers Squad. These players have been so helpful to me



**THANK YOU!!**  
**Sue RUTSON**  
Chairman  
Head Coach



over the past year and I want them to know that I appreciate their input greatly.

I need to also thank, **Rob Evett**, **Isabelle Baldwin**, **Eddie Chanell**, **Carol Chanell**, who have all helped me with the sessions this year and for **Dawn Folbigg** and **George Bevan** who are level 2 coaches who have stood in for me when I have been elsewhere. **Lynn Payne** needs a special thank you for turning up at every Monday and Thursday session to host our club, to ensure that EVERY ONE has a brilliant time and is welcomed each evening, to set the ambience, to organise, take the money and make our adult sessions possible - Lynn - Thank you.

Last but not least I thank all the committee members (and welcome Lynn back onto this committee and also Derek) who have made this club possible, viable, strong, vibrant and brilliant - you are a most fantastic team!!! -

Each of us has the power to achieve; some lose this through lack of belief, through listening to others who are small minded and limited in their own views. Listen to yourself and use only words and phrases that empower and enrich your life, and do the same to others. Have belief and be great!!

Sue Rutson

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## RESULTS OF PHOENIX JUNIOR TEAMS 2007- 2008

### WYCOMBE LEAGUES

#### Girls under 16

Nancy Payne, Sarah Payne, Louisa Rolfe and Joanna Williams won their league and were undefeated.

#### Boys under 16

Wesley Payne, Jon Ramsell, Josh Sawyers, Peter Sherwood-King and Daniel Wheeler finished 2<sup>nd</sup>.

#### Boys under 14

David Chanell, Blake Faulds, Matthew Hall and Carl Neale finished 2<sup>nd</sup>.

### AYLESBURY LEAGUES

#### Division 1

'A' team: Nancy Payne, Sarah Payne, Wesley Payne, Jon Ramsell, Peter Sherwood-King and Daniel Wheeler finished 3<sup>rd</sup>.

## Division 2

'B' team: Jamie Bisley, David Chanell, Harry Huang, Michael Humpston, Carl Neale, Laura Pigford and Laura Tynan finished 2<sup>nd</sup>.

'C' team: Josh Carvell, Michael Evett, Christina Hood, Katrin Hood, Dan Painter have regrettably been relegated. This is due to lack of players **not** playing ability.

## Division 3

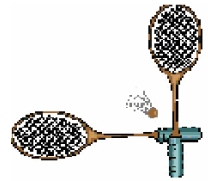
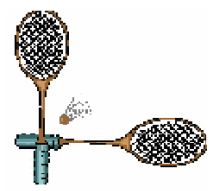
'D' team: Ben Garrett, Thomas Hadden, George Johns, John Kirby, Joseph Lamb, Michael Powell and George Ward finished 2<sup>nd</sup>.

Thank you to the team managers of the Wycombe league **Lynn Payne, Alan Wheeler** and **Myself**.

A big thank you to all the Captains in the Aylesbury Junior league **David Chanell, Michael Evett, Joseph Lamb** and **Nancy Payne**.

It was a particularly difficult season for filling team places, in virtually every match the captains were looking for another player or two.

**Michael Evett** had it worst of all as he had only 5 regulars, so every week he was looking for at least another player. Well done Michael.



## EDDIE CHANELL

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## NEWS IN BRIEF AND DATES FOR YOUR DIARY



- Saturday 19 July** 24 Hour Marathon major fund raising event
- Wednesday 3<sup>rd</sup> September** Classes re-start. Check the fees page for your time and venue (oh, and money!!)
- December** FUN Tournament and Christmas Party... Don't miss it!! Date will be announced soon.

**Today** .....  
 Is fleeting and short  
 So much of it will be forgotten.  
 As soon as I fall asleep in my bed the day is gone!  
 May I use each of my today's to live my life with Passion and love,  
 To build times that are so eventful they linger long on the palette like Rich Red Wine!

**Today**.....  
 We are not responsible for the feelings and emotions of any one other than OURSELF!!

**Today**, .....  
 How has life been lived today?  
 How have I performed?  
 Who have I made a difference to?  
 Helped?  
 Inspired?  
 Cared for?  
 Loved?  
 If this day was to have been my last  
 Have I played my part?  
 Have I met my purpose?  
 Am I at peace with those I love and myself?

*Excerpts from a Book of Today's by Sue Rutson*

DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
<b>MONDAY</b> 5.30 – 7.30 <b>GRAMMAR SCHOOL</b>	Intermediate / Advanced	8 <sup>th</sup> Sept – Oct 20 <sup>th</sup> 7 weeks	£58.00*	£46.00*
<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 the 1 <sup>st</sup> Monday in the month and 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	9 <sup>th</sup> Sept – Oct 21 <sup>st</sup> 7 weeks	£58.00*	£46.00*
<b>WEDNESDAY</b> 4.00pm – 6.00 pm <b>Q &amp; MEADOWCROFT</b>	Young Beginners 6 years – 10 years	3 <sup>rd</sup> Sept – Oct 22 <sup>nd</sup> 8 weeks	£65.00*	£53.00*
<b>THURSDAY</b> <b>PREMIER SQUAD</b> 6.00pm – 7.30pm <b>HIGH SCHOOL</b>	Advanced Practise Invitation only	4 <sup>th</sup> Sept – Oct 23 <sup>rd</sup> 8 weeks	£58.00*	£46.00*
<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 £21.00 This covers players for any session!!)	
<b>FRIDAY</b> 6.00pm – 8.00pm <b>COLLEGE</b>	Beginner/Intermediate	5 <sup>th</sup> Sept – 24 <sup>th</sup> Oct 8 weeks	£65.00*	£52.00*

**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.**

**\*The price quoted includes a one-off annual joining fee of £9.00.**

**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.**