



NEWSLETTER



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REGISTERED CHARITY: 1094874

April 2010 – Issue 48

Parents – What's the good of Badminton?

I'm sure that you parents have found out that Badminton is not the cheapest of sports haven't you. Children can play football completely free of charge out on the green with a couple of mates can't they?

Having coached the sport for over 20 years I thought I'd share a coaching point of view with you. The costs of shuttles, coaching and hall hire is incredibly high, especially when there is a limit to how many players can get on one court and still have a quality practice! So what are you getting from your investment of sending your child to badminton sessions?

From my experience I have found that a badminton training session is sometimes the first time during the week where some children or young people feel they are seen in a positive light, where they are given feedback that builds their self-esteem, where they can be expected to push themselves past all their previous expectations and find they excel at something for once! I have seen children who develop not only badminton skills but build attitudes to discipline, effort and achievement that have a knock on effect outside of the sport. There are many children who find sport a real challenge but through the support of a club such as Phoenix, they are able to discover leadership and communication skills, and contribute to help and support others. They are given significance, and recognition for all their many strengths displayed throughout club activities.

There are many children who find school difficult, or may have personal issues and through the sporting experience of Badminton find ways to change old behaviour patterns and become extremely high achievers.

There has been extensive scientific research that concludes sport is good for the brain and long term memory. (Short term verbal memory is affected during and immediately after sport - so homework should be completed in a rested state). *British Journal of Sports Medicine* 41, 370-374. Retrieved November 13, 2008 from <http://bjsm.bmj.com/cgi/content/abstract/41/6/370>

With the monetary investment from parents, and the benefits badminton has for the player it is important that attendance is regular and there is a commitment from both the player and the parent. Whatever attitude is shown to the sport, I can guarantee that this is the attitude that will appear in future employment and outside commitments. What attitudes are shown currently? What commitment is given now? Here is the training for the future.

So is the investment worthwhile? Well that's up to the player isn't it.

Sue Rutson
Head Coach



Dear Members

As you know we are a registered charity and as such aim to keep the costs for all members, adults and juniors, down to a minimum.

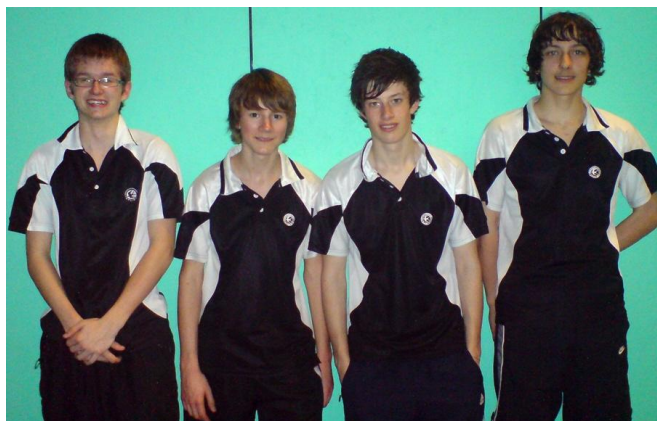
Additionally, we have an annual event, our 24 hour Marathon (19th/20th June), to raise extra funds for the club. This is the one time in the year that Phoenix asks for your help as a member contributing to the club, so please support this event, by either getting involved directly, getting sponsorship yourself and playing or else, sponsoring someone else who is participating.

Details and sponsorship forms will be available shortly,
Thanking you for your continued support...

Derek Moule
Chairman



JUNIOR NEWS WYCOMBE JUNIOR LEAGUE NEWS



Well done to the under 16's team who finished 3rd out of 6 teams in this competition. Pictures from left to right: David Chanell, Michael Evett, Matthew Hall and Blake Faulds.

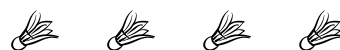
Eddie Chanell
Junior Coach

AYLESBURY JUNIOR LEAGUE TABLES

DIVISION 1	P	W	L	D	F	A	Pts
LEIGHTON BUZZARD 'A'	3	2		1	26	10	30
HEMEL 'A'	4	1	2	1	27	21	29
PHOENIX 'A'	3	2		1	25	11	27
WEDNESDAY 'A'	3	1	1	1	16	20	18
PHOENIX 'B'	3		3		2	34	2

DIVISION 2	P	W	L	D	F	A	Pts
HEMEL 'B'	4	4			36	12	44
GADEBRIDGE "A"	5	3	2		38	22	44
PHOENIX 'C'	4	3	1		28	20	34
HEMEL 'C'	4	1	3		19	29	21
WEDNESDAY 'B'	4		3	1	15	33	15
PHOENIX 'D'	3		2	1	8	28	8

DIVISION 3	P	W	L	D	F	A	Pts
PHOENIX "E"	5	3	2		41	19	47
HEMEL 'D'	4	4			37	11	45
GADEBRIDGE "B"	5	2	3		26	34	30
AYLESBURY	4		4		4	44	4



Well done to Marc Baldwin, Kyle Bonnage, Ayush Rodriguez and Jordan Smith who represented Phoenix at the Junior tournament in Kings Langley on the 13th March. Kyle and Marc lost in the semi-final but Ayush won the trophy.



**Juniors Report 2009 / 2010
Aylesbury League**

The junior teams have had a steady season. The E team likely to finish 2nd in division 3, four members of the team are 11 or under.

The D team will be relegated to division 3. But not from the want of trying!

The C team will finish 2nd or 3rd in division 2

The B team will be relegated to division 2.

But I suspect next season will bounce straight back to division 1.

The A team will finish 2nd or 3rd.

Unfortunately, some of the juniors can't or won't play for various reasons in the teams.

This causes problems for the Captains trying to fill team places, the teams are then generally weaker.

Can I say a very big thank you to the team Captains this season A team Nancy and Sarah Payne, B team Michael Evett, C team Josh Pryke, D team Holly Cantle and E team Elliot Doherty and to the parents who have supported their children.

Wycombe League

There have been very good games that could have gone either way... unfortunately our team was on the wrong side.

Perhaps, next season, we should run an under 12 side

Eddie Chanell,
Junior Coach



DATES FOR YOUR DIARY

26 May	Committee Meeting 8pm
19/20 June	24-Hour marathon / presentation evening - Quarrendon and Meadowcroft CC
9 October	Bonanza at the Stoke Mandville Stadium. Details to follow.

**Aylesbury and District Badminton
Association**

**League Tables for results received by 19th
April 2010 - Adults' league**

Mens Division 2	P	W	D	For	Agt	Pts
Bedgrove B	7	3	3	26	16	35
Phoenix A	6	3	1	23	13	30
Hastoe	6	3	1	17	19	24
Wendover	7	1	3	18	24	23
Wing Vale	4	0	2	6	18	8

Mens Division 3	P	W	D	For	Agt	Pts
Phoenix B	8	4	3	32	16	43
Thame A	5	3	2	22	8	30
Thame B	6	2	2	18	18	24
Wednesday B	5	2	2	16	14	22
Bedgrove C	7	1	2	17	25	21
Mill Lane	7	1	1	9	33	12

Mixed Division 2	P	W	D	For	Agt	Pts
Phoenix	4	4	0	24	12	28
Wendover	4	3	0	23	13	26
Shuttlecocks	3	1	0	14	13	15
Tring Racketiers	5	0	0	11	34	11

Medley Division 1	P	W	D	For	Agt	Pts
Wednesday A	7	6	1	37	5	50
Greyings	6	3	0	17	19	23
Tring Racketiers A	6	2	1	15	21	20
Wednesday B	5	0	3	11	19	14
A'bury Badminton	2	2	0	9	3	13
Phoenix	6	0	1	7	29	8



DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
MONDAY 5.30 – 7.30 GRAMMAR SCHOOL	Intermediate / Advanced	19 th April - 24 th May 5 weeks No session 3 rd May (Bank Holiday)	£35.00	£30.00
MONDAY 7.30 – 10.00PM HIGH SCHOOL	CASUAL PLAY All standards!! 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!!)	
TUESDAY 6.00pm – 8.00pm HIGH SCHOOL	Intermediate / Advanced 13 yrs and over	20 th April - 25 th May 6 weeks	£42.00	£37.00
WEDNESDAY 4.00pm – 6.00 pm Q & MEADOWCROFT	Young Beginners 8 – 12 years old	5 th May- 26 th May 4 weeks	£28.00	£23.00
THURSDAY PREMIER SQUAD 6.00pm – 7.30pm HIGH SCHOOL	Advanced Practise Invitation only	22 nd April – 27 th May 6 weeks	£30.00	
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 insurance / affiliation fee of £21.00 This covers players for any session!!)	
FRIDAY 6.00pm – 8.00pm COLLEGE	Beginner/Intermediate	23 rd April – 28 th May 6 weeks	£42.00	£37.00

**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. THANK YOU.

**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.**

**NEWSLETTERS, PAST AND CURRENT, ARE ALWAYS AVAILABLE ON-LINE
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