

24-HOUR MARATHON

Yes, our major fund-raising event is back again. This event will start at 9.00am on Saturday 19th of June and finish the following morning at the same time.

The reason we are holding such an event is two-fold:

Firstly, it allows our club to keep both the membership fee and the session prices reasonable for our members (and their parents) and we know that these days with Britain in the middle of very difficult economic time, it matters.

Secondly, through our fund-raising every year we give 30% of the money we raise to another local charity. This year, we have decided to help Wheelpower, the charity that helps physically disabled people to enjoy sports.

If you cannot attend the 24-hour marathon yourself, we hope you will consider making a donation. To help you do this, you will find that the fees page on this newsletter is slightly different allowing you to do just that.

We thank you in advance.

For those who are new to the club, what (other than badminton!) takes place during 24 hours? We have lots of activities, including video games, a tombola, games, a children's party run by Sue our coach and open to all, not just our members. We also organise games outside, such as short cricket and rounders... So there is really plenty to keep everyone happy and busy for the full 24 hours... If you want more details, why not ask Sue or someone who has been there before?

So remember:

- 19 June,
- at the Quarrendon and Meadowcroft Community Centre
- from 9am

LEAGUE NEWS

On Sunday, 16th May, trophies were distributed to the first and second teams in the Aylesbury and District Badminton Association. Below are some members of the E team in League 3 receiving their trophies for finishing second and the A team in League 1 who finished also runners-up.



3 representatives of the E team (above)....
And the A team (below) following their last match of the season.



ADULTS' COACHING SESSIONS

Calling all adults who attend our Thursday sessions.... Are you interested in improving your game for the price of your normal session??? If you are, please let Derek or Lynn know as, in October, if we have enough people interested, we will be able to invite a Badminton England coach between 7.30pm and 8.30pm on Thursdays over a period of 10 weeks to help you achieve your potential. Thank you.

TOMBOLA PRIZES

WE NEED SOME ITEMS FOR OUR TOMBOLA. All donations will be gratefully received. Our tombola is always a great success at the 24-hour marathon, but it cannot be so unless you contribute to it. So if you can spare a bottle of wine, a box of chocolates or if you have some unwanted cosmetics, please let us have them and we will put them up as prizes in our tombola. Items can be given to Sue, Eddie or Carol.

Thank you in advance.



ADVANCE WARNING

Are you in Aylesbury on Saturday 7th of August 2010? If you are and would like to take part in something different then read on...

THE WORLD RECORD

'Most participants in a badminton rally'

The most participants in a badminton rally is 96 and was achieved by Aviva (Singapore), in Raffles City Mall, Singapore, on 23 May 2009.

We will attempt to break this world record on Saturday 7th August at Stoke Mandeville Stadium between 1-3pm. For us to achieve this we will need well over 100 players to take part. We do not only want to break this record but smash it (excuse the pun)!!

We hope to raise money from this event not only for our Community Badminton Network, to support new badminton initiatives in the local area, but also for Wheel Power.

If you would like to be involved in this world record attempt, please speak to Derek, Eddie, or Sue.

Sponsorship forms for this event will soon be available from the website... after the 24-hour marathon.



DATES FOR YOUR DIARY

19/20 June	24-Hour marathon Quarrendon and Meadowcroft CC
7 August	World record attempt
September	Presentation evening (date to be confirmed)
9 October	Bonanza



Is Someone You Love Being Hurt?

As the head coach of Phoenix I take child protection issues very seriously

and am curious to know if you already know about the affect of communication on your child.

As an avid observer of people and a trainer for creating excellence in communication, when I hear poor communication skills it sounds and feels like nails drawn down an old blackboard! Yet though I feel this so easily why doesn't everyone else?

Coaching and personal development training, working with all ages of young people developing their sporting skills as well as their confidence, self-esteem and other 'soft-skills', and as a trainer for coaches and teachers, I come across sarcasm daily. It is used unwittingly, by those who have accepted it as part of their communication style and if they are questioned about it the response is usually defensive. "Oh I don't mean any harm", "I was only kidding", "They shouldn't be so sensitive/silly", these quotes are often made in defence. So does this mean then that the listener should be responsible and ignore cutting remarks, comments that puts one down, etc? Should we all grow such a thick skin that we don't feel pain and therefore we can inflict pain on another without thinking?

SARCASM (from Wikipedia, the free encyclopaedia)

Sarcasm is the use of words to damage the reputation of, or hurt, another person. It is "a sharp, bitter, or cutting expression or remark; a bitter jibe or taunt." Some authorities sharply distinguish sarcasm from **irony**, as in: "Irony must not be confused with sarcasm, which is

direct: sarcasm means precisely what it says, but in a sharp, caustic, ... manner." However, others would argue that sarcasm may involve, or often does involve, irony. Thus: "sarcasm does not necessarily involve irony. But irony, or the use of expressions conveying different things according as they are interpreted, is so often made the vehicle of sarcasm..."; and "The essence of sarcasm is the intention of giving pain by (ironical or other) bitter words."

Words are powerful! Our words can and do make a difference to those who hear them. This has been proven many times within various therapies, and scientific research.

Interpretation is different to each listener; some people and especially children, take things very personally - have you ever worked with children with special needs? Very young children also take things literally. Unfortunately, children who are exposed to sarcasm frequently grow thick skins to protect themselves from the lies and hurts of the speaker - very often these are their parents and of course children model themselves on their parents, so quickly they use sarcasm as a part of their own communication system too don't they.

We all communicate through words (if we have the power of speech) and we each have our own meaning for our words, however, the listener interprets our words and gives them their own meaning. Just for a moment - think of a chair - what chair do you think about? Would you be thinking of a desk chair, a dining chair, a wooden chair or armchair?

If I were to pay you a compliment would you think I was being sarcastic (funny) or would you believe me? Many people of all ages find it hard to receive genuine praise because of their own use of sarcasm or because they have grown such a thick skin - that they cannot even allow praise in any more - probably because they can no longer tell the difference!

It is commonly said (research the internet) that those who use sarcasm are actually bullying! **So what can we do?**

Well firstly we can clean up our own language! When we speak we can be impeccable with our words. We can speak with integrity, we can use our words to build and encourage others and remove all need to gossip or use sarcasm!

We can stop taking things personally. Remember whatever other people say is a projection of themselves, of their own reality. When we are immune to the opinions and talk of others we release needless suffering!

We can stop making assumptions and ask questions instead. It takes time and courage to ask what people are really saying so that we can be sure we understand the meaning of what is being said. We can take responsibility for ensuring we are truly understood by others by using clear communication skills ourselves.

So that leaves us with choices doesn't it? We can choose to step up and take responsibility for our communication which means we can hurt and bully or be thoughtful and empower others; and we can choose to ignore comments from those who use the bullying of sarcasm through their own lack knowledge and confidence, because we know it says more about them than about us, doesn't it.

Oh, and by the way, who do you think is responsible for good communication - the listener or the speaker? Are you able to accept the responsibility of excellence in communication?

Sue Rutson
Head Coach.

DAY AND TIME	SESSIONS	DATES	FEES	DISCOUNT FEE
MONDAY 5.30 – 7.30 GRAMMAR SCHOOL	Intermediate / Advanced	7 th June – 19 th July 7 weeks	£49.00	£44.00
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 £15.00 This covers players for any session!!)	
TUESDAY 6.00pm – 8.00pm HIGH SCHOOL	Intermediate / Advanced 13 yrs and over	8 th June – 20 th July 7 weeks	£49.00	£44.00
WEDNESDAY 4.00pm – 6.00 pm Q & MEADOWCROFT	Young Beginners 8 to 11 years	9 th June – 21 st July 7 weeks	£49.00	£44.00
THURSDAY PREMIER SQUAD 6.00pm – 7.30pm HIGH SCHOOL	Advanced Practise Invitation only	10 th June – 15 th July 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 £15.00 This covers players for any session!!)	
FRIDAY 6.00pm – 8.00pm COLLEGE	Beginner/Intermediate	19 th June – 16 th July 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.**

£.....

I cannot attend the 24-hour marathon but wish to make a donation of

£.....

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.**