

RALLY NIAGARA BADMINTON CLUB

AT  
ST. MATTHEW  
LUTHERAN GYM

875 EGGERT DR.

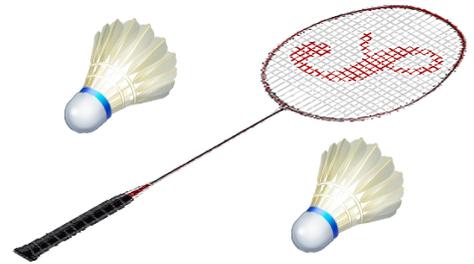
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# Rackets & Rallies



Volume 4, Issue 1

Newsletter Date: February 2016

## Special points of interest:

- Winter/Spring youth badminton is underway! Registration on-line is required
- Interview with John & Mark Chang
- Tips & strategies

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\* Come on out \* Exercise \*  
\* Meet new friends \*  
\* Enjoy the game of badminton \*

## Congratulations Youth!

Welcome to our February 2016 issue of Rackets & Rallies newsletter. Rally Niagara Badminton Club is an adult and junior club located in North Tonawanda, NY and is dedicated to promoting the enjoyment of the sport of badminton to the Western New York community. In this issue we would like to acknowledge our Rally Niagara youth that participated in recent "singles" tournaments north of the border in Brampton and

U16 & U19 Youth pictured in Brampton, Ont



Mississauga, Ontario. They played very well against tough competition from in and around the Toronto area. Participants included U10 - Megan Abadi & Jonathan Hacker, U12 - Phoebe Abadi & Zoe Bowers, U14 - David Hacker & Brooke Bowers, U16 - Mark Chang & Daniel Hacker, & U19 - Tyler Mirando & Paige Moreno

At the Annual Open Championship in Brampton, Mark Chang received a silver medal as runner-up in the competitive U16 boys grouping .

At the Don Rogerson tournament in Mississauga, Phoebe Abadi came in 4th place out of 8 girls competing, David Hacker came in 6th place out of 28 boys competing, and Tyler Mirando came in 4th place out of a field of 13 in the U19 age bracket.

Congratulations to all again who participated and for their parents who made the long drive cheering them on and encouraging them.

## Youth Instructional Badminton begins February 7th

We are excited to announce that our youth badminton program begins again on Feb 7th. Youth instruction will be separated into groupings based on skill, experience, and age with one or two instructors per group.

The Pathways skill system will be utilized for badminton training in which student progress is tracked and tested. It provides standardized goals for youth to achieve and advance in levels. It is similar to the karate belt system with different color levels (ex. white, yellow, orange, etc.). When skills at a level are performed consistently, students will receive recognition and be provided with a certificate.

**See page 2 for winter/spring offering info. All youth programs require pre-registration on-line at [rallyniagara-badminton.com](http://rallyniagara-badminton.com).**





## Winter/Spring Offering



### \* Open Badminton

Sunday's, Jan 3 - Mar 20, 3:30 PM - 6:30 PM ( 12 weeks ), Except.: Mar 13, 4:30 PM - 7:00 PM

Cost: \$50 standard rate, \$30 student rate, or drop in daily rate: \$5 adult, \$3 student

Come join us for a enjoyable time of social, recreational, and/or competitive badminton. Great time for families, students, and individuals looking to get some exercise and learn some of the finer points of the game. Also, it is excellent for those looking for competitive play. Light instruction will be provided for those interested. ( Time frame is setup to be flexible -drop in for an hour or stay for the duration! )

### \* Youth Instructional Badminton

Sunday's, Feb 7 - May 1, 2:00 PM - 3:20 PM ( 12 weeks )

Cost per session: \$40 includes end of season pizza party

Students will be placed into groups of similar skill levels and playing ability with the utilization of the pathways system of skill level development and advancement.

The basics of badminton will be taught through instruction, games, and fun activities. Correct grip, different types of service, overhead strokes, underhand strokes, basic footwork badminton rules, scoring, & etiquette will be learned.

Those students with prior badminton experience will achieve a higher level of consistency with hitting the bird, proper footwork, and court strategy. Instruction will include various badminton shots that include clears, drops, smashes, net shots, lifts, and game play strategy. Preparation for tournament play will be emphasized.

Experienced badminton students will learn advanced techniques and strategies for playing at a high skill level. There will be a focus on precision, speed, agility, and stamina through conditioning. Students will be encouraged to "go that extra mile" in order to compete at a high level in regional tournament play.

Coaches: Mike Hacker, Kirk McLean, Bena Lun, John Chang, Christina Malyn-Gossett, Hetram Sookdeo, Ziggy Xu, Ed Szotnicki, & Praveen Arany

### \* Singles Ladder

Sunday's, May 22 - Jun 26, 2:00 PM - 3:30 PM ( 6 weeks )

Cost: \$15 standard rate, \$10 student rate, or drop in daily rate: \$3 adult, \$2 student

Open to youth and adults. Singles games will be played with results tabulated on a weekly basis for movement up or down "the ladder".

### \* Open Badminton

Sunday's, Apr 3 - Jun 26, 3:30 PM - 6:30 PM ( 12 weeks ), Except.: Apr 10, 4:30 PM - 7:00 PM, May 15, 6:30 PM- 8:30 PM @ St. Mary's in Lancaster instead of @ St. Matthew's in North Tonawanda (Tentative)

Cost: \$50 standard rate, \$30 student rate, or drop in daily rate: \$5 adult, \$3 student

Come join us for a enjoyable time of social, recreational, and/or competitive badminton. Great time for families, students, and individuals looking to get some exercise and learn some of the finer points of the game. Also, it is excellent for those looking for competitive play. Light instruction will be provided for those interested. ( Time frame is setup to be flexible -drop in for an hour or stay for the duration! )

# February 2016

## Schedule of Events

- **02/07/2016 – Youth Instructional classes begins (St. Matthew's)**
- **02/27/2016 – Crystal City Adult Badminton Tournament in Corning, NY. Events MS, WS, MD, WD XD. \$30 first event, \$5 each additional event**
- **03/12/2016 - Optional Youth Jr Badminton tournament at Erindale Club**
- **03/20/2016 – Youth half-court singles “meet” at St. Matthew’s. 4 school PE and badminton clubs participating**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	8	9	10	11	12	13
14 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	15	16	17	18	19	20
21 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	22	23	24	25	26	27 Crystal City (Corning) Adult Tournament
28 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	29					

# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	7	8	9	10	11	12 Erindale Jr. Doubles Badminton Tournament 8:30 - 5:00 PM
13 Youth half court singles “meet” includes 4 schools programs 1:30 - 4:30 Open Badminton 4:30 - 7:00	14	15	16	17	18	19
20 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	21	22	23	24	25	26
27 Happy Easter - No Badminton	28	29	30	31		



- **04/10/2016 – Youth half-court singles “meet” at St. Matthew’s. 4 school PE and badminton clubs participating**

- **05/01/2016 – Last youth instructional class – pizza party**

- **05/08/2016 - Optional youth “Singles” practice**

- **05/15/2016 - Youth Regional “Singles” badminton tournament**

- **05/22/16 - 06/26/16 Ladder play (6 weeks)**

# April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	4	5	6	7	8	9
10 Youth half court singles “meet” includes 4 schools programs 1:30 - 4:30 Open Badminton 4:30 - 7:00	11	12	13	14	15	16
17 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	18	19	20	21	22	23
24 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	25	26	27	28	29	30

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Youth Instruction 2:00 - 3:20 Open Badminton 3:30 - 6:30	2	3	4	5	6	7
8 Youth “Singles” optional practice 2:00 - 3:20 Open Badminton 3:30 - 6:30	9	10	11	12	13	14
15 Annual Youth Regional “Singles” Badminton Tournament TBD - St. Mary’s in Lancaster, NY 1: 30— 5:30 PM	16	17	18	19	20	21
22 Ladder play 2:00 - 3:30 Open Badminton 3:30 - 6:30	23	24	25	26	27	28
29 Ladder play 2:00 - 3:30 Open Badminton 3:30 - 6:30	30	31				

## An “interview” with John & Mark Chang



By Mike Hacker (interviewer)

Below is a written interview with a father & son who are members here at Rally Niagara Badminton Club. John Chang has been a volunteer coach for the past two years and his son Mark is a very talented and skilled player who has been a champion at his age level in many local badminton competitions here in the Niagara region. Their consistent strong play, friendliness, and enjoyment of the game has been privilege to observe. Let's ask them a few questions about how badminton became a part of their lifestyle.

Mike: When and where did you start playing badminton and why did you take up the sport?

\*\*\*

John: I started playing badminton in 2005 in China. I took it up because it is fun and easy to play with or without a court. There are also some excellent health benefits of playing too, such as toning and maintaining physique, improving metabolism rate, perking up reflexes, intelligence and productivity, etc.

Mark: I started playing badminton since 1st grade at my hometown, Zibo City, Shandong Province, to exercise and have fun with my friends.

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Mike: What do you enjoy most about the badminton?

John: Flexibility. No age or gender restrictions. Every player could garner pleasure from each play.

Mark: Badminton is a sport for anybody, it is entertaining to play and can be played at various skill levels. Everyone can enjoy badminton!

Mike: You are both accomplished and experienced badminton players; what are some of your strengths (perhaps favorite shots) and areas needing improvement/growth out on the court?



John: Truth to be told, we are still beginners although we started playing more than ten years now. My basic skills and footwork are all need improving, especially the net drop.

Mark: My overall awareness of the court needs to be improved. Movement around the court is important in badminton and having an insight on where the opponent might strike is important.

[Picture: Mark Chang w/ Coach Fernando at the Annual Open Championship in Brampton – Jan 24, 2016. Mark won 2nd place in his first tournament in Canada]



### Tips & Strategies

Thank you to Coach Fernando of Fernando's Youth Badminton Academy in Brampton, Ontario for sharing the following tips regarding “grips” in his January 2016 club newsletter.

Holding your racket with the correct badminton grip is the foundation of playing badminton.

#### **Forehand Grip**

-Apply a handshake grip -Index finger in the higher level of the grip (higher than thumb )

-Thumb on the left side of the grip (touching the middle finger)

-Hold racket lightly (as if you are holding a razor blade)

-Look for a 'V' shape between your thumb and index finger

#### **Backhand Grip**

-Apply a pinching grip

-Thumb in flat surface of the grip

-Keep index finger and thumb in the same level

-Hold racket lightly

Article continued on page 6

## John & Mark (continued from page 5)

Mike: Do you recall any particular matches that you have played that stand out in your mind as memorable?

John: Not a match, but just a casual play with friends after a few bottles of beer really indelible. It was that carelessness that led to my knee injury still pestering me today. So, my dear badminton friends, please make proper warming up exercises before play and never do that after drinking.

Mark: Not in particular, I've played many matches and I guess those time I spend messing around with friends when I was in 2nd grade was really memorable.

\*\*\*

Mike: What have you learned from playing badminton that you can share with others picking-up the game?

John: Be patient. Do not run before you could walk. To correct my wrong movement, I was instructed to swing the racket thousands of times to practice smashing without shuttles.

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Mike: You are only 15 years old, how did you get so good at playing badminton?

Mark: I played badminton quite frequently (around 3 times a week) and practices makes better (not perfect in badminton).

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Mike: What do you feel is needed to grow and promote youth badminton here in the United States?

John: You have done a brilliant job here, Mike! I shall say a big thanks to you and Cara for your dedication and promotion of the badminton culture here. Recreational first. Interest is the best teacher. Local school publicity should be worth trying.

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Mike: Feel free to share anything else that you feel would be of interest to those who read this article

John: Badminton is for everyone! Have a try, it might be the best sport you ever played, especially now in the cold winter months.



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Youth Instruction  
begins Sunday -Feb 7th

"Like us" on  
Facebook!



Come on out \* meet new friends \* exercise \* and enjoy the game of badminton

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The vision of Rally Niagara Badminton is to foster an enthusiasm for the sport of badminton and its related health benefits through an introduction of the game to new players as well as provide a challenging environment for experienced players.

Rally Niagara Badminton was started by Michael and Cara Hacker in March 2011. Michael has been a part of the sport for 30 years as a player and coach. He has participated in tournaments and clubs in 6 states, Canada, and England. He is coaching certified through USA badminton and has instructed adults as well as youth via continuing education and after school programs.

Matthew 6:33

But seek first God's Kingdom, and his righteousness; and all these things will be given to you as well.



### Origin of Badminton

Badminton has its origins in ancient civilizations in Europe and Asia. The ancient game known as battledore (bat or paddle) and shuttlecock probably originated more than 2000 years ago.

In the 1600s battledore and shuttlecock was an upper class pastime in England and many European countries. Battledore and shuttlecock was simply two people hitting a shuttlecock backwards and forwards with a simple bat as many times as they could without allowing it to hit the ground.

Modern badminton can be traced to mid-19th century British India. It was created by British military officers stationed there. A net was added to the traditional English game of battledore and shuttlecock. As it was popular in the British garrison town of Poona, the game came to be known as "Poona" or "Poonai" Initially, woollen balls were preferred by the upper classes in windy or wet conditions, but ultimately shuttlecocks took over the role of a "ball." This game was taken by retired officers who got back to England. It was introduced as a game for the guests of the Duke of Beaufort at his stately home 'Badminton' in Gloucestershire, England where it became popular. Hence, the origin of the name "Badminton."

In March 1898, the first Open Tournament was held at Guildford and the first 'All England' Championships were held the following year.

The International Badminton Federation was formed in 1934 with nine founder members, England, Wales, Ireland, Scotland, Denmark, Holland, Canada, New Zealand and France. India joined as an affiliate in 1936. The first major IBF tournament was the Thomas Cup (world men's team championships) in 1948. Since then, the number of world events has increased with the addition of the Uber Cup (women's team), World Championships (individual events), Sudirman Cup (mixed team), World Junior Championships and the World Grand Prix Finals.

Badminton is a relatively new Olympic sport. It was a demonstration sport at the 1972 Munich Olympics. Badminton eventually became an Olympic sport in Barcelona in 1992. Only the singles and doubles were introduced for the first time in the Olympic Games. Mixed doubles was included in the 1996 Atlanta Olympic Games and badminton is the only sport that has mixed doubles event in the Olympics.

Only five countries have won gold medals at the Olympics since badminton was introduced in 1992 - China, Indonesia and Korea, England and Denmark.