

RALLY NIAGARA BADMINTON CLUB

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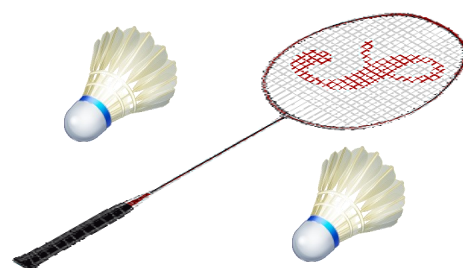
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Rackets & Rallies



Volume 5, Issue 1

Newsletter Date: January 2017

Special points of interest:

- Winter/Spring youth badminton begins Jan 22nd. Registration on-line is required
- Interview with Desigan Kumaran
- Tips & strategies
- About Rally Niagara

Inside this issue:

Introductory Articles **1**

Winter/Spring Offering **2**

Calendar of Events **3**

Interview **4**

About Rally Niagara **5**

Vision / Article **6**

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

A Sweet “2016” Wrap-up

Welcome to our January 2017 issue of Rackets & Rallies. Rally Niagara Badminton Club (RNBC) 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 will start our focus with a look back in December of last year with a recap of the Rally Niagara “Fall” Classic youth badminton tournament on Sunday, December 11th. 50 youth participated in U10, U13, U16, and U19 age categories. There was a true international presence at the event with Canadian students from Erindale Jr Badminton Club, in Mississauga, Ontario participating along with a student from China. The farthest local participant came all the way from the Jamestown, NY area.

196 preliminary round robin and double elimination games were played that afternoon. Some of the most exciting were finals games that were very close. Particularly the last match of the evening, U13 boys final between Ethan Schul (RNBC) and Simon Li (RNBC)



Brooke Bowers (RNBC) - 3rd place winner U16-19

capped off the day finishing 15-13. In addition, Daniel Brumbaugh, two time CAWNY champion at the U10,Continued on page

Youth Instructional Badminton begins on Sunday, Jan 22nd

We are excited to announce that our youth badminton program begins again on Jan 22nd. The focus this session will be on doubles play in preparation for “meets” with students from local area schools, local tournaments, and for those interested Canadian tournament events. Sunday afternoon youth instruction classes will be separated into groupings based on skill, experience, and age with one or two instructors per group. A portion of each class will consist of game play in which students each week are inter-mixed.

A second day of youth badminton training and game play is now being offered on Wednesday evenings beginning Jan 25th. This day is for experienced students who desire to take their game to the “next level”.

See page 2 for offering info. All youth programs require pre-registration on-line at rallyniagarabadminton.com.





Winter/Spring Offering



* Open Badminton

Sunday's, Jan 1 - Apr 9, 3:30 PM - 6:30 PM (13 weeks), Except.: Feb 19th, Mar 26th

Cost: \$50 standard rate, \$35 student rate, or drop in daily rate: \$5 adult, \$3 student

Wednesday's, Jan 11 - Apr 5, 7:00 PM - 9:30 PM (12 weeks) - Now includes ** Table Tennis **

Cost: \$45 standard rate, \$35 student rate, or drop in daily rate: \$5 adult, \$3 student

Saturday's, Jan 14 - Apr 8, 7:00 PM - 9:30 PM (13 weeks)

Cost: \$50 standard rate, \$35 student rate, or drop in daily rate: \$5 adult, \$3 student

Sunday's, Apr 23 - Jun 25, 3:30 PM - 6:30 PM (10 weeks)

Cost: \$40 standard rate, \$25 student rate, or drop in daily rate: \$5 adult, \$3 student

Wednesday's, Apr 12 - Jun 28, 7:00 PM - 9:30 PM (12 weeks) - Now includes ** Table Tennis **

Cost: \$45 standard rate, \$35 student rate, or drop in daily rate: \$5 adult, \$3 student

Saturday's, Apr 22 - Jun 24, 7:00 PM - 9:30 PM (10 weeks)

Cost: \$40 standard rate, \$25 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, Jan 22 - May 1, 2:00 PM - 3:30 PM (14 weeks) - Registration required via website - * deadline is Thursday, Jan 20th

Cost per session: \$40 includes end of season pizza party - \$25 club shirt optional

Wednesday's, Jan 25 - Mar 22, 6:15 PM - 7:30 PM (9 weeks) - Registration required via website - * deadline is Monday, Jan 23rd

Cost per session: \$35 * Open for experienced badminton students - instructor recommendation required *

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.

* NRBL (Niagara Region Badminton League)

Date: Late Spring - Cost: TBD

Teams of two men and two women play against another team weekly on a set day in 7 matches that include 2 men's singles, 1 women's singles, 1 men's doubles, 1 women's doubles, and 2 mixed doubles. More details to come...



Schedule of Events

- 1/1, 1/11, 1/14 –Open play at RNBC begins on Sunday's, Wednesday's & Saturday's (St. Matthew location)
- 1/22, 1/25 –Youth Instructional classes begin (St. Matthew location)
- 1/28-1/29 –Erindale Junior Badminton Club "Singles" Tourn. 8:30 AM to 5 PM
- 2/10 - Visit to Grimsby, Ontario badminton club for those interested
- 2/19 – RNBC Doubles / Mixed-Doubles Open tournament 2 PM
- 02/25 – Crystal City Open Badminton Tournament in Corning, NY. Events MS, WS, MD, WD XD.
- 3/11 –Erindale Junior Badminton Club "Doubles" Tourn. 8:30 AM to 5 PM
- 3/17 - Visit to Grimsby, Ontario badminton club for those interested
- 3/19 – Youth doubles "meet" at RNBC. School PE and badminton clubs participating
- 3/26 – Youth doubles tournament at RNBC. Open to U10, U13, U16, & U19 - 1:30 PM

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 RNBC Open Play Begins	2	3	4	5	6	7
8	9	10	11 RNBC Open Play Begins	12	13	14 RNBC Open Play Begins
15	16	17	18	19	20	21
22 RNBC Youth Instr. Begins	23	24	25 RNBC Youth Instr. Begins	26	27	28 EJBC Youth Tourn U10-U14
29 EJBC Youth Tourn U16-U19	30	31				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 Grimsby Club Visit 7-10 PM	11
12	13	14	15	16	17	18
19 RNBC Doubles Open Tournament	20	21	22	23	24	25 Crystal City Open Tournament
26	27	28				

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 EJBC Youth Tourn U14, 16, 19
12	13	14	15	16	17 Grimsby Club Visit 7-10 PM	18
19 "Meet" MS, HS @ RNBC 1:30 PM	20	21	22	23	24	25
26 RNBC Doubles Youth Tourn. 2 PM	27	28	29	30	31	

An “interview” with Desigan Kumaran



By Mike Hacker (interviewer)

Below is a written interview with Mike Hacker and Desigan Kumaran. Desigan known to us all as Kumaran since he prefers his last name be used in conversation, has been a volunteer youth coach since September of 2016. He is a very experienced, talented, and skilled player. His friendliness, knowledge of the sport, and helpfulness, especially when interacting with the youth is an example to us all. Let's ask him a few questions about how badminton became a part of his lifestyle.

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

Kumaran: When I was 20 (1990), I started playing badminton since I realized that it was fun, enjoyable, high calorie burning, very fast, and quick acting game requiring concentration.

Mike: What do you enjoy most about the badminton?

Kumaran: I enjoy when I play doubles game with competitive players and It's all about fun, friendly and social.

Mike: You are an accomplished and experienced badminton player and coach; what are some of your strengths (perhaps favorite shots) and areas needing improvement out on the court?

Kumaran: When I play doubles, my strengths are front court attacking/net block, smash from rear court, cross court drop shot etc. I need to improve my backhand clear/drop shot and footwork to come back after a jump smash.

Mike: Is stretching important before and after play?

Kumaran: Certainly Yes. It is very important to do stretching since badminton is the fastest racket sport.

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

Kumaran: About four years ago, when I played in a friendly tournament of my previous employer (Brookhaven National Lab) against the Stony Brook University. It was doubles game and my partner and I won the game at the maximum point of 30.

Mike: Can you tell about the funniest thing that happened to you while playing badminton?

Kumaran: The funniest thing that happened few years ago, again in a friendly tournament, was missing a birdie when hitting and it was a very, very easy one and last point of the game and I lost in that match.

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

Kumaran: Commitment and practice of youth players, aggressive training and parent's support



Tips &

Strategies

From the resource Teach PE, the following points of focus are important to the beginning badminton player.

* Hitting the shuttle consistently high and deep to give time to recover.

* Try to aim shots to the opponents weaker side (usually backhand), to gain the advantage off a weak return.

* Try to place shots before adding more power, as more power will usually result in more errors.

* Try to keep the opponent on the move as much as possible and not play me to you badminton. This is when two players just stand in the center of the court and hit the shuttle back and forth between them. Try moving the opponent from the net to the back and from the forehand to backhand side to fatigue them quicker.

* When winning, keep playing the same way. When losing change the style of play

* Try to change the speed of play, by mixing up shots. For example hit some slower shots, such as, drop shots and net shots, with faster shots in between, such as, smashes, and drives.

* Always play to personal strengths and try to exploit the opponents weaknesses.



About Rally Niagara Badminton



Rally Niagara is an adult and junior badminton club located in North Tonawanda, NY between Buffalo and Niagara Falls. Badminton is one of the most popular sports in the world appealing to all ages and skill levels. It is a social game that can be played at the recreational level or competitively. Its physical and health benefits are outstanding and most important of all, its fun!

The main playing facility at St. Matthew Lutheran church in the former school gymnasium. It is a spacious gym with 5 full courts and 2 smaller practice courts. Rally Niagara supplies equipment (rackets, nylon birds) to those who are new to the game or do not own a racket. Equipment is also available for purchase and a stock of rackets, strings, grips, shirts, etc. is kept.

Rally Niagara Badminton is affiliated with USA Badminton (USAB). USAB is the recognized national governing body for the sport of badminton in the United States headquartered in Colorado Springs, CO.

A 2008 study by the Sporting Goods Manufacturers Association reported that approximately 1,362,000 people play badminton frequently in the US. Badminton is truly a growing sport in the US as well as on the international level.



Spacious facility at St. Matthew Lutheran Church & School



Youth eating pizza at club "friendly" event in Brampton, Ontario



Bird tower building at Rally Niagara Fall Classic in May

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**Youth Instruction
begins Sunday –
Jan 22nd**

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

Page 6

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.



A Sweet “2016” continued...

won his 3rd RNBC gold medal with a come from behind victory over first year player Aaron Xu (RNBC) 15-13 and 15-9 in the final. Medal award winners on the day are shown below.

- U10 Boys - 1st - Daniel Brumbaugh (CAWNY), 2nd - Aaron Xu (RNBC), 3rd - Shawn Singer (RNBC)
- U13 Boys - 1st - Ethan Schul (RNBC), 2nd - Simon Li (RNBC), 3rd - Daren Liu (RNBC)
- U16 Boys - 1st - Daniel Hacker (RNBC), 2nd - David Hacker (RNBC), 3rd - Benjamin Schul (RNBC)
- U19 Boys - 1st - Leandro Gonsalves (EJBC), 2nd - Ray Pan (RNBC), 3rd - Daniel Hacker (RNBC)
- U10 Girls - 1st - Taylor Chan (EJBC), 2nd - Tien Mail (EJBC), 3rd - Megan Abadi (RNBC)
- U13 Girls - 1st - Tam Mai (EJBC), 2nd - Zoe Bowers (RNBC), 3rd - Phoebe Abadi (RNBC)
- U16-U19 Girls - 1st - Megan Swauger (Southwestern), 2nd - Thu Mai (EJBC), 3rd - Brooke Bowers (RNBC)



Left: U19 Boys medal winners



Right: U10 Girls medal winners