

RALLY NIAGARA BADMINTON CLUB

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Rackets & Rallies

Volume 5, Issue 2

Newsletter Date: September 2017

2017 -President's Day Weekend Tourney a Success

Special points of interest:

- Fall youth badminton begins Sep 24th. Registration on-line is required
- Interview with Jo Nguyen
- Tips & strategies
- About Rally Niagara

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

Welcome to our September 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. February, 2017 marked the first adult open tournament held in four years at Rally Niagara with participants coming from as far as Waterloo, Ontario and a strong group of players joining in from RIT and the University of Rochester. In all, 26 men's teams, 7 women's teams, and 16 mixed doubles teams competed for prizes that included medals, sparkling grape juice, and \$600 in cash prizes. Special guest, Ally Marella (age 12) from North Tonawanda began the event with the singing of the Canadian and American national anthems. Play ensued with round robin and then double elimination at A & B levels. An award ceremony concluded with the following medal winners:

Men's Doubles A -Eric Jung & Jeong Hyun Kim



Alex Sung & Raj Singhal (RNBC) - President's Day Tournament in February U16-19

Men's Doubles B -Kai Ming Woo & Chaithanya Krishna

Women's Doubles -Sathyashree Basavarju & Wendy Qui

Mixed Doubles A -Zarni Htay & Christina Malyn

Mixed Doubles B -Jowen Chen & Jo Nguyen

Youth Open House -Welcome Charmaine Reid!

Rally Niagara is excited to announce our fall youth open house on Sunday, September 17th from 1:30 to 4:30 PM. This year we are honored to have a Pan American champion and Canadian Olympic badminton professional, Charmaine Reid join us for the afternoon. She was born in Fort Erie, Ontario and is currently a badminton television



commentator. Charmaine will be briefly sharing about motivation and goal setting in the sport of badminton as well as taking part in demonstration games with a few of our Rally Niagara coaches. Charmaine's career best ranking was 21st in the world in women's singles and 13th in women's doubles.

The 12 week fall youth program begins the following week on Sept. 24th and will include instruction, a "meet" with other school and badminton programs, tournament, and last class pizza party.

See page 2 for offering info. [Youth instructional program requires pre-registration on-line at rallyniagarabadminton.com.](http://rallyniagarabadminton.com)



Fall Offering @ Rally Niagara



** Fall Open Badminton

Saturday's, 7:30 PM - 10:00 PM

Dates: 9/2/17 to 12/16/17, excludes 10/21, 11/11

Cost: 14 week session - \$60 Adult, \$40 Students or daily rate \$5 adult, \$3 student

Sunday's, 3:45 PM - 6:45 PM

Dates: 9/3/17 to 12/17/17, excludes 12/10, exception 9/17 & 12/3 (hours 4:30 to 7:30 PM)

Cost: 15 week session - \$60 Adult, \$40 Students or daily rate \$5 adult, \$3 student

Wednesday's, 7:30 PM - 10:00 PM

Dates: 9/6/17 to 12/20/17, excludes 11/22

Cost: 15 week session - \$60 Adult, \$40 Students or daily rate \$5 adult, \$3 student

Come join us for an 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!)

** Adult Instructional Badminton

Saturday's, 6:30 PM - 7:30 PM

Dates: 10/14/17 to 12/2/17, excludes 10/21, 11/11

Cost: 6 week session - \$40 Adult

Basic instruction and training on the game of badminton. Encompasses types of shots, footwork, and doubles play strategy. Ideal for the novice player that would like to learn to play at a more competitive level. Registration taken in person anytime at facility up until the first class.

** Youth Instructional Badminton

Sunday's, 2:00 PM - 3:30 PM

Dates: 9/24/17 to 12/17/17

Cost: 12 week session - \$45

Students will be placed into groups of similar skill, playing ability, and age. 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 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. Opportunities to participate in tournament play with other badminton clubs and youth from school badminton programs is offered. Sunday Class includes an end of season pizza party on December 17th. Registration required on website – www.rallyniagarabadminton.com

** Youth "Singles" Ladder Play

Wednesday's, 6:30 PM - 7:30 PM

Dates: 10/4/17 to 12/6/17, excludes 11/22

Cost: 9 week session - \$1 per day, \$3 if staying for open play

Check-in and payment accepted at facility on 10/4 (first day)

September

Sun	Mon	Tue	Wed	Thu	Fr	Sat
					1	2 Open 7:30-10PM
3 Open 3:45-6:45PM	4	5	6 Open 7:30-10PM	7	8	9 Open 7:30-10PM
10 Open 3:45-6:45PM	11	12	13 Open 7:30-10PM	14	15	16 Open 7:30-10PM
17 Youth OH 1:30-4:30 Open 4:30-7	18	19	20 Open 7:30-10PM	21	22	23 Open 7:30-10PM
24 Youth 2-3:30, Open 3:45-6:45	25	26	27 Open 7:30-10PM	28	29	30 Open 7:30-10PM

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Youth 2-3:30, Open 3:45-6:45	2	3	4 Youth S 6:30-7:30 Open-7:30-10	5	6	7 Open 7:30-10PM
8 Youth 2-3:30, Open 3:45-6:45	9	10	11 Youth S 6:30-7:30 Open-7:30-10	12	13	14 Train 6:30-7:30 Open-7:30-10
15 Youth 2-3:30, Open 3:45-6:45	16	17	18 Youth S 6:30-7:30 Open-7:30-10	19	20	21
22 Youth 2-3:30, Open 3:45-6:45	23	24	25 Youth S 6:30-7:30 Open-7:30-10	26	27	28 Train 6:30-7:30 Open-7:30-10
29 Youth 2-3:30, Open 3:45-6:45	30	31				

November

Sun	Mon	Tue	Wed	Th	Fri	Sat
			1 Youth S 6:30-7:30 Open-7:30-10	2	3	4 Train 6:30-7:30 Open-7:30-10
5 Youth 2-3:30, Open 3:45-6:45	6	7	8 Youth S 6:30-7:30 Open-7:30-10	9	10	11 Veteran- Tournament 9 AM-6 PM
12 Youth 2-3:30, Open 3:45-6:45	13	14	15 Youth S 6:30-7:30 Open-7:30-10	16	17	18 Train 6:30-7:30 Open-7:30-10
19 Youth 2-3:30, Open 3:45-6:45	20	21	22	23	24	25 Train 6:30-7:30 Open-7:30-10
26 Youth 2-3:30, Open 3:45-6:45	27	28	29 Youth S 6:30-7:30 Open-7:30-10	30		

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Train 6:30-7:30 Open-7:30-10
3 Youth Meet 2-4:30, Open 4:30-7:30	4	5	6 Youth S 6:30-7:30 Open-7:30-10	7	8	9 Open 7:30-10PM
10 Youth Tournament 1:00-6:30	11	12	13 Open 7:30-10PM	14	15	16 Open 7:30-10PM
17 Youth 2-3:30, Open 3:45-6:45	18	19	20 Open 7:30-10PM	21	22	23
31 Food Charity Day 6-10 PM	No	Badminton		X-mas	week	



Special Events include:

- Sept 17th, 1:30 - 4:30 PM - Youth Open House w/ Charmaine Reid
- Nov 11th, 9:00 - 6:00 PM - Veteran's Day Weekend Open Tournament
- Dec 3rd, 2:00 - 4:30 PM - Youth "meet" with local schools and badminton programs
- Dec 10th, 1:00 PM - 6:30 PM - Youth "singles" tournament at Rally Niagara
- Dec 31st, 6:00 PM - 10:00 PM - Int'l food potluck / Charity day



An “interview” with Jo Nguyen



By Mike Hacker (interviewer)

Below is a written interview with Mike Hacker and Jo Nguyen. Jo has been a consistent member of Rally Niagara since July 2016 and has amazing strides to improve her badminton game over the past year. She has a gentle demeanor, but definitely an aggressive playing style. Let’s ask her a few questions about how badminton became a part of her lifestyle.

Mike: To start things off, tell us about yourself?

Jo: I am currently an undergraduate student at UB in Bio-medical Engineering. I come from Vietnam.

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

Jo: One day I was going swimming on UB South campus when I saw my friends playing badminton there. So I joined them for a few rallies and could not stop playing. They then introduced me to Rally Niagara Badminton Club, where I started playing regularly since July 2016.

Mike: What do you enjoy most about the badminton?

Jo: I enjoy the pacing variety in a match and the control a player has over it. Within the same game, one can play more slowly and defensively with high clears and lifts, or aggressively attack with smashes and fast drives. This makes every game unique, and also helps players to develop their own styles.

Mike: You are an experienced badminton player and your skills continue to improve; what are some of your strengths (perhaps favorite shots) and areas needing improvement/growth out on the court?

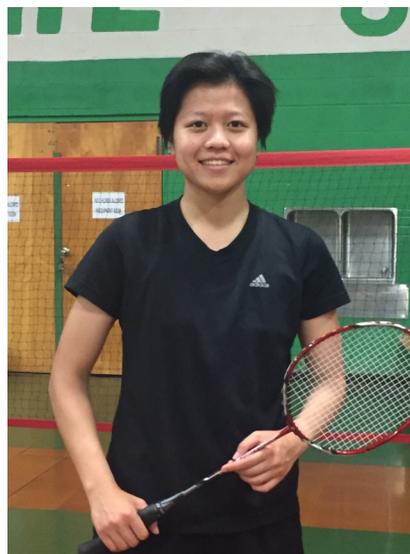
Jo: I’m still working on many aspects of the game. For now, I’m focusing on shots consistency to minimize unforced errors. In the near future, I want to improve the ability to “read” the opponent(s) and quickly adapt to their plays. I don’t have specific favorite shots, at least not that I am aware of. I feel like I tend to rely on power and speed more than precision, placement, and timing. I wish I could be more patient in rallies sometimes.

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

Jo: The most memorable match so far is the President’s Day Weekend tournament mixed doubles B final. Towards the end of the match, we were down by 16-19. My partner suggested a small change but it made so much different that we ended up winning 21-19. We will never be able to forget how we played like nothing else mattered in that moment.

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

Interview continued on page 6.....



Tips & Strategies

From the resource Teach PE, The following points are important to master if a team wants to be successful in doubles matches.

- * Always believe your team can win. If a team goes into a match thinking they will lose they almost certainly will.
- * Play to your teams strengths
- * Remember which position each player is supposed to be in within the team.
- * A short and accurate serve is vital.
- * Always keep an eye on the shuttle
- * Try to find weaknesses in opponents as early as possible and continue to exploit them.
- * Keep the opponents guessing and moving
- * Keep playing and trying until the end, anything could happen.
- * Use deception wherever possible
- * Practice, practice, practice
- * Keep calm at all times do not encourage the opponents with signs of disappointment or anger.
- * Test your team against better players, this should raise your game.
- * Communicate with each other as much as possible

Good luck - “Doubles badminton is amazing!!!



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!



Shaking hands after game

The main playing facility is 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.



Competitive "U16" doubles game

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.



Rally Niagara coaches and a couple "U10" Boys



Rally Niagara coaches and "U19" Girls



Spacious Facilities at St. Matthew Lutheran Gym

RALLY NIAGARA
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**Youth Instruction
begins Sunday -
Sep 24th**

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on Google!**



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 community 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.



Interview with Jo Nguyen continued...

Jo: I broke my kitchen's ceiling lamp while swinging my arm around in the air to practice high clears. (My high clears did get better though.)

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

Jo: More coverage of badminton news on media as well as increasing availability and ease of access to badminton facilities. Many of my American friends do not know much about badminton. When they think of "sports", they think of football, basketball, hockey, etc. I feel like the first step would be to increase the people's familiarity with badminton by introducing badminton news on media channels. Once people know that the sport exists, there should be places for them to try it out. More established badminton facilities in local clubs, schools, and colleges would be a good start.

Mike: Feel free to share anything else that you feel would be of interest to our readers

Jo: If you are a badminton player, I hope you can always keep exploring the sport and finding new ways to enjoy it. If you are not, you might want to try it out!