



## **Badminton Junior Club**

We are a friendly Junior club who welcomes players from 8-18 years regardless of previous experience or ability. We offer structured sessions for learning and fun too! Members are invited to play in external tournaments when appropriate. Our Senior Club is affiliated to Badminton England (CL000083) and has received accreditation as a Badminton England Premier Club and Sport England Clubmark. We follow their guidance in our code of conduct for young people and other policies.

The total Autumn, Spring and Summer Term costs are in the form of 10 monthly BACS standing order payments (September 2023 to June 2023). For the 5:00pm to 6:00pm sessions these are £23.00 (or £21.00 for a second child) and for the 6:00pm to 7:30pm sessions these are £33.00 (or £30.00 for a second child). These monthly payments include the Badminton England Membership Affiliation Fee for either (i) "RACKET PACK (0-11 years)" or "JUNIOR PLAYER (12-18 years)". A club shirt will be provided free of charge as part of initially joining the club, which will be required to wear at the weekly Friday badminton sessions (suitable sizes will be established on the first week's attendance). Also, any Club member from season 2022/23 can exchange their existing shirt for a larger size.

For further information or to join a session please contact Ray Phipkin (Club Head Coach) on 07582 195940 or e-mail [r.phipkin@sky.com](mailto:r.phipkin@sky.com) or Lorraine MacNeill (Club Secretary) on 07903 812615 or e-mail [lozmarlow@hotmail.co.uk](mailto:lozmarlow@hotmail.co.uk)

- All weeks will include an element in respect of Preparing to Play activities, Single & Double Ladders, Fun & Conditioned Games.
- Within each week the tasks will be adjusted on the various courts to reflect the needs of all the players' abilities (i.e., beginner / intermediate).
- Children will have the opportunity to take part in Badminton England "The Racket Pack" award scheme.
- The Six Sigma method of DMAIC (i.e., Define, Measure, Analyse, Improve, and Control) will be used at various stages over the weeks in relation to a selected range of shot skills by using either Yonex Mavis 300 of both medium & fast speeds or Yonex AS30 Feather shuttles.
- A BKL Automatic Shuttlecock Launcher will also be available to be used.
- The FocusX2 analysis software programme tool using captured video footage of the player's movements will also be used at various stages over the Autumn, Spring & Summer Terms to help improve player's technical & tactical skills.
  - This would only apply when permission for the young person had been given on the enrolment form to be filmed or photographed during any coaching/club sessions.

**5:00pm to 6:00pm Sessions are really aimed at aged 8 to 15 years (school years 3 to 10 only). When the 6:00pm to 7:30pm session is full then dependant on Numbers attending this session, players from School years 11 – aged 16 would be accepted. Players attending in school year 10 & 11 will follow the 6:00pm to 7:30pm session programme if possible.**

- **Autumn Term 1 Badminton** – 7 weeks from 1<sup>st</sup> September 2023 until 13<sup>th</sup> October 2023. (Week 1: - Striking Skills; Week 2: - Movement, Sending and Receiving; Week 3: - Backhand Serves & Return of Low Serves; Week 4: - Forehand Serves; Week 5: Badminton England the Big Hit [ Net Shots - Forehand & Backhand]; Week 6: - Net Lifts – Forehand & Backhand; Week 7: - Forehand Overhead Shots.
- **Autumn Term 2 Badminton** - 9 weeks from 27<sup>th</sup> October 2023 until 22<sup>nd</sup> December 2023. (Week 1:- Footwork in forehand & backhand front & rear court areas (Singles); Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; Week 7:- Singles, Tactical & Technical Skills, Routines; Week 8:- Level Doubles, Partner Awareness, Formations):- Week 9:- Mixed Doubles, Partner Awareness, Formations).
- **Spring Term 3 Badminton** – 6 weeks from 12<sup>th</sup> January 2024 until 16<sup>th</sup> February 2024. (Week 1:- Striking Skills & Movement; Week 2:- Forehand Serves (Low, Flick & High) & Returns to designated areas; Week 3:- Backhand Serves & Return of Low Serves to designated areas; Week 4:- Doubles, Partner Awareness, Formations; Week 5:- Doubles, Tactical & Technical Skills, Routines; Week 6:- SAQ Activities, The Badminton England Fitness Test (1 to 4), & Fun Games).
- **Spring Term 4 Badminton** - 4 weeks from 1<sup>st</sup> March 2024 until 22<sup>nd</sup> March 2024 (Internal Club Tournament Events with group games weeks 1-4).

- **Summer Term 5 Badminton** - 7 weeks from 12<sup>th</sup> April 2024 until 24<sup>th</sup> May 2024 (Internal Club Tournament Events with group games weeks 1 & 2; also, quarterfinals week 2 and semi-finals / finals week 3). Week 4:- Forehand & Backhand Drives; Week 5:- Backhand Overhead Shots; Week 6:- Stroke Skill Practices for High Serve, Drop, Net, Lift, Routines (half court); Week 7:- Stroke Skill Practices for Flick Serve, Clear, Drop, Net, Lift Routines (doubles full court- shots over half court).
- **Summer Term 6 Badminton** - 5 weeks from 7<sup>th</sup> June 2024 until 5<sup>th</sup> July 2023 (Week 1:- Backhand Singles & Doubles Serves – Low & Flick (Measured Test); Week 2:- Forehand Singles Serves – Low & High (Measured Test); Week 3:- Forehand & Backhand Net Shots & Net Lifts– Straight & x-court (Measured Test); Week 4:- Forehand Drop – Straight & x-court (Measured Test); Week 5:- Club Presentation Night, Fun games.

**6:00 to 7:30pm Sessions - aimed at aged 14 to 18 years (school years 10 to 13 only) Dependant on Numbers, players from School years 7/8/9 – aged 11/12/13 would be accepted based on playing ability.**

- **Autumn Term 1 Badminton** – 7 weeks from 1<sup>st</sup> September 2023 until 13<sup>th</sup> October 2023. (Week 1: - Striking Skills; Week 2: - Movement, Sending and Receiving; Week 3: - Backhand Serves & Return of Low Serves; Week 4: - Forehand Serves; Week 5: Badminton England the Big Hit [ Net Shots - Forehand & Backhand]; Week 6: - Net Lifts – Forehand & Backhand; Week 7: - Forehand Overhead Shots.
- **Autumn Term 2 Badminton** - 9 weeks from 27<sup>th</sup> October 2023 until 22<sup>nd</sup> December 2023. (Week 1:- Footwork in forehand & backhand front & rear court areas (Singles); Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; Week 7:- Singles, Tactical & Technical Skills, Routines; Week 8:- Level Doubles, Partner Awareness, Formations):- Week 9:- Mixed Doubles, Partner Awareness, Formations).
- **Spring Term 3 Badminton** – 6 weeks from 12<sup>th</sup> January 2024 until 16<sup>th</sup> February 2024. (Week 1:- Striking Skills & Movement; Week 2:- Stroke Skill practices for the Kill, Brush, Tumbler & Hairpin; Week 3: Backhand Serves & Return of Low Serves to designated areas; Week 4:- Level Doubles, Tactical & Technical Skills, Routines; Week 5:- Singles, Tactical & Technical Skills, Routines; Week 6:- SAQ Activities, The Badminton England Fitness Test (1 to 4), & Fun Games).
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• **Club Committee contacts**

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| • Chairperson: Tahir Mahood            | mobile no: 07877 516357 | <a href="mailto:suemahmood@hotmail.co.uk">suemahmood@hotmail.co.uk</a>     |
| • Secretary: Lorraine MacNeill         | mobile no: 07903 821615 | <a href="mailto:lozmarlow@hotmail.co.uk">lozmarlow@hotmail.co.uk</a>       |
| • Treasurer: Andrew Frost              | mobile no: 07949 811149 | <a href="mailto:andrew.ian.frost@gmail.com">andrew.ian.frost@gmail.com</a> |
| • Welfare Officer 1: Lorraine MacNeill | mobile no: 07903 821615 | <a href="mailto:lozmarlow@hotmail.co.uk">lozmarlow@hotmail.co.uk</a>       |
| • Head Coach: Ray Phipkin              | mobile no: 07582 195940 | <a href="mailto:r.phipkin@sky.com">r.phipkin@sky.com</a>                   |
| • Assistant Head Coach: Neil Cooper    | mobile no: 07952 052009 | <a href="mailto:neilcooper4@ntlworld.com">neilcooper4@ntlworld.com</a>     |

**Club Web Site: - <http://www.southleicestershirebadminton.org.uk>**