

MBA Junior Awards



James Huang
2008 MBA Outstanding Junior

James Huang, age 14, is the co-recipient of the 2008 Midwest Outstanding Junior Award. He is to receive a MBA funded travel award to the 2008 USAB Junior National's in Boston. He is a member of the MBA and the USAB.

James is an Elite Member of the Wilson Junior Team. James is an "all A" scholar, in the 9th grade and attends Eureka High School in Eureka, MO. He is the son of Jane and Wei Huang and a member of the Chinese School Badminton Club in St. Louis.

His favorite racquet is the Wilson "K-Factor." His favorite sport is badminton and he also plays Tennis. His favorite subject in school is Math Best book Eragon and his best movie is "Cloverfield." ❖

Three Gold Medals in IHSA Badminton

Karishma Kollipara is the recipient of the 2008 Wilson Award. The annual award presented by Wilson Badminton includes travel to the 2008 USAB Junior Nationals in Boston. Karishma is an Elite Member of the Wilson Junior Team. She is a member of the MBA and the USAB.

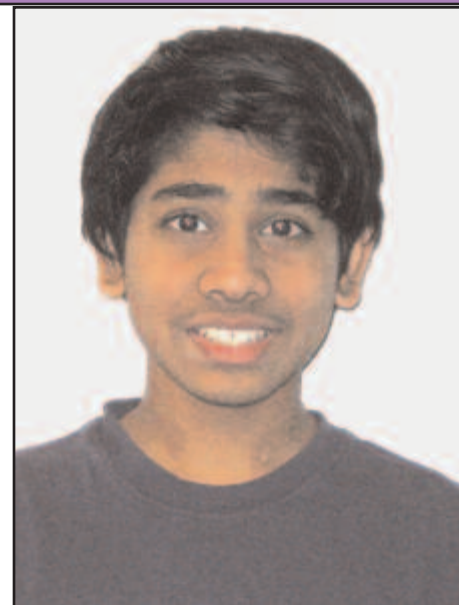
Karishma is a 2008 graduate of Hinsdale Central High School in Hinsdale, IL. In May, she became the third player in the thirty-two year history of the Illinois State High School Badminton Championships to take three Gold Medals in Girl's Singles.

Karishma will attend DePauw University in Indiana and will double major in Biology and Psychology. Her career goal is to become a physician. She is the daughter of Syam and Susmita Kollipara and sister of Raunak Kollipara. In her freshman year at DePauw, she plans to organize a collegiate badminton club and play tournaments in the Midwest.

(Continued on Page 5)



Karishma Kollipara
2008 Wilson Team Award



Raunak Kollipara
2008 MBA Outstanding Junior

Raunak Kollipara, age 13 is a co-recipient of the 2008 Midwest Outstanding Junior. He is to receive a MBA funded travel award to the 2008 USAB Junior National's in Boston. He is a member of the MBA and the USAB.

Raunak is an Elite Member of the Wilson Junior Team. He is the son of Syam and Susmita Kollipara and the brother of Karishma. Raunak will be a freshman at Hinsdale Central High School in Hinsdale, IL.

Raunak's favorite sport is badminton and he also plays tennis. His favorite racquet is the Wilson "K-Factor" and most liked shot is the power smash. In school, his favorite subject is Science and best book is Eldest. Best movie of all time is "Lord of the Rings the Return of the King." He also enjoys playing video games and reading books. ❖

All photos this page, courtesy of Russ Bowles.

Tournament Calendar

Don Ross Memorial Tournament 8/8/2008 - 8/10/2008

University of Louisville: Student Activities Center Recreational Area, Louisville, KY
Contact: Dawn Patel dlbpate@gmail.com 765-349-0662
DEADLINE: 7/21/2008

2008 Olympic Games - Badminton Competition 8/9/2008 - 8/17/2008

Beijing, China,
Contact: Gus Chew gus@kdgpp.com 714-639-8900
[Selection Procedures(PDF)] [need USOC final approval]

Chicago Badminton Open 2008 9/20/2008 - 9/21/2008

Hinsdale South High School Field House, Darien IL
Contact: Barbara Levy-Zander barbelz@pobox.com
DEADLINE: 9/1/2008

Ray Scott Memorial tournament 10/11/2008 - 10/12/2008

Papillion-LaVista High School, Papillion, Nebraska
Contact: Bob Ericson shuttle@inebraska.com 402-571-6933
Deadline: October 4, 2008

14th International Friendship Ladies Badminton Tournament in USA 10/17/2008 - 10/19/2008

Orange County Badminton Club, Orange, CA
Contact: Tim Mangkalakiri timocbc@aol.com 714-639-6222
DEADLINE: 8/1/2008
[Entry Form (PDF)]

Chicago Jr. Open Jan. 24 - 25, 2009

Thornton Fractional North High School,
755 Pulaski Rd., Calumet City, IL 60409.
russellbowles@gmail.com



The FLICK

is published by the Midwest Badminton Association bimonthly, Jan-Feb, Mar-Apr, May-Jun, Jul-Aug, Sep-Oct, Nov-Dec.

Submitting Information:

Tournament entry forms will be printed and distributed with *The Flick* for a \$75 fee. **NOTE:** Fee must be received prior to printing. Website publishing is included in this fee. Please submit forms to the Editor at least eight weeks before your entry deadline. Tournament results and drawsheets should include full names of participants and match scores. An article would be nice, too. Send material, with no formatting, to the address or e-mail below. Please include your phone number or e-mail address.

Deadlines:

Articles, entries and other material may be submitted at any time. But to guarantee that your submission will be in the next issue, it should get to the editor by the 20th of the month prior (e.g. to be in the Mar-Apr issue, send by Feb 20th). Otherwise, it will be printed at the editor's discretion.

Advertising Rates per issue:

Full Page: \$55 (\$40 if 6 or more issues)
Half Page: \$35 (\$25 if 6 or more issues)
Quarter Page: \$20 if 6 or more)

Payment:

Make checks payable to the Midwest Badminton Association and mail to the address below.

Editor:

Bob Ericson
7202 Omaha Trace
Omaha, NE 68122
shuttle@inebraska.com



For updates regarding tournaments, check out the Events Calendar page on the MBA website:

www.midwestbadminton.com.

As soon as your tournament/camp has been scheduled, please send dates, location and contact person to *The Flick* and it will be listed here at no charge to you. Entry forms and event information will be distributed with *The Flick* for a \$75 fee. **NOTE:** Fee must be received with submitted information. Forms and information will also be made available on the MBA website (<http://www.midwestbadminton.com>) at no additional cost, unless you specify that you do not want it to be published on the website.

Officers & Directors

President

Dawn Patel
5390 State Rd. 37 North
Martinsville, IN 46151
765-349-0662(H)
FAX 765-349-0662
E-mail: dlbpate@gmail.com
Term: 05-2008

Vice-President

Kishore Subramanyam
6573 Pondfield Ln.
Mason, OH 45040
513-478-6388 (H)
E-mail: kishore@kishore.net
Term: 07-2010

Secretary

Mary Ann Bowles
4514 Pegasus Drive
St. Louis, MO 63129
314-487-7187(H)
FAX: 360-285-2256
E-mail: maryannbowles@gmail.com
Term: 06-2009

Treasurer

Alice Wunderlich
316 S. Hi Lusi Ave.
Mt. Prospect, IL 60056-3029
847-392-3537 (H)
E-mail: awunderlich@deloitte.com
Term: 04-2007

Editor

Bob Ericson
7202 Omaha Trace
Omaha, NE 68122
402-571-6933 (H)
E-mail: shuttle@inebraska.com
Term: 06-2009

Kishore Subramanyam
6573 Pondfield Ln.
Mason, OH 45040
513-478-6388 (H)
E-mail: kishore@kishore.net
Term: 07-2010

Wayne Wang
3315 Mulberry Dr.
Bloomington, IN 47401
812-219-8243 (H)
E-mail: sansugui@gmail.com
Term: 07-2010

Jane Wang
919 Crown Pointe Estate Dr.
Wildwood, MO 63021
636-527-5037 (H)
E-mail: jane.l.wang@pfizer.com
Term: 06-2009

My Serve:

Why read? Does reading wake you up or put you to sleep? I read a lot, mostly to enjoy. How about you?

Instead of going to badminton camp this summer (*I remember my trek to the first Connecticut Badminton Camp at Mrs. Porter's Boarding School back in 1975*), my first five weeks were spent in reading camp—Intro to Literature class at Omaha's Metropolitan Community College. I read and analyzed *The Stranger* by Albert Camus and *Death of a Salesman* by Arthur Miller. Talk about "potent imaginations!" Phew, those two guys had it. How do I get mine?

Reading was the easy part—analyzing the novels and then writing an essay about each one nearly blew the needle off of my difficulty meter. (Reminds me of the drills, footwork, and stroke practice at Mrs. Porter's).

In addition to reading and analyzing, I had to write a self-analysis narrative at the beginning of the class. Creative writing was sandwiched between all the heavy stuff. Then, at the end of the five week class, I had to revise the narrative. There was no final exam. Completion of the class required a bound booklet with the original narrative, the two essays, and creative writing assignments. Taking Stock, the final narrative, as it was titled, was about how my search for meaning was affected by reading serious literature, whether these new authors were new guides for me, and finally, how I'll continue my personal search for meaning.

No contest. I'll take badminton camp any day, but I'll also not stop reading and trying to expand my imagination. So, Why read? Why play? Each of us should dream of "changing our present state through potent imaginations" whether on the badminton

court or in the classroom.



Time for you to return my serve.

Bob Ewing

K.I.S. Fitness for Badminton Juniors

By Russ Bowles, St. Louis, MO

Our USAB Junior Committee requested that I address the topic of fitness for junior badminton players. There is some apprehension that juniors from other countries may have a higher level of fitness than U.S. juniors. I agree there is needed improvement in the fitness level of many junior athletes.

What can coaches, motivated juniors and parents do to uplift the level of junior fitness? Here are my suggestions to advance your strength, power and even endurance. Caution, there is really no quick fix, (it is year long journey to just begin the process) so please read only if you have an open mind and are serious about your personal fitness. My purpose is to lay out a functional course of action for "the coach" and the "high energy junior" to boost the level of junior fitness.

Nutrition & Energy

My discussion presents a "K. I. S. Plan," a Keep It Simple Plan to encourage fitness for badminton juniors. The information is functional, but suggests an academic work-out applicable to advanced level juniors, their faithful coaches and trusting parents. If we plan ahead, fine-tune our nutrition, and cyclically integrate certain fitness strategies with on-court activities, then we can peak our performance at pre-determined times and achieve our goals.

Each junior is to purchase a notebook for the purpose of a training log. To begin, record comprehensive information about your daily meals. The amount and type of food fuel ingested into our bodies not only relates to our current level of fitness, but to our long-term health. Has everyone read "Fast Food Nation" or "Chew On This" by Schlosser and Wilson? Could there really be animal poop in that hamburger? Meals from "deep fried" fast food merchants can only add to our consumption of trans fats, add to our body fat stats and surely clog the arteries. Read the food package labels and determine if they meet your standards. During our junior years we set the stage for our adult health and well-being.

Would you purchase a fine sports car and replenish its tank with contaminated fuels? Meticulously record in your logbook all the food you consume over a typical week—what you eat, how much you eat, and the method of preparation for the food: example, deep fried in fat, grilled, etc.

- What is in those fries and burgers?
- How much saturated fat and sugar do you consume?
- What about the dynamics of hydration, carbohydrates and proteins?

Through a balance of carbohydrates, proteins and healthy fats the motivated junior athlete can boost the energy level. Beware of those energy drinks without first identifying the ingredients. Guarana or even large amounts of caffeine may bring sensations of energy, but also unwelcome results if you are selected for a drug test. Once you have completed a one-week diary of day by day nutrition, please go online to the U.S. Department of Agriculture website <http://www.mypyramidtracker.gov/> -----

The "MyPyramid Tracker" (that is the correct spelling) is a nutritional and physical activity assessment tool. The function is to evaluate information on the quality of your diet and physical activity. After inputting a typical day's worth of dietary information, you will receive an evaluation by comparing the food you consume to the most current nutritional guidance. This process may require about one hour of data input time.

The results depend on your preparation and the input of precise data into the Pyramid Tracker. Enter age, gender, weight, and height into the website. To give you an even better grasp of your diet and energy balance over time, you can register with the website and track what you eat up to a year. This information is used to give accurate results about the food used to fuel your body and your physical activity status.

The physical activity assessment tool evaluates your activity status and provides the energy expenditure for different levels of badminton. The Food Calories/Energy Balance feature will automatically calculate your personal energy balance by subtracting the energy you expended from activities (badminton) from your food calories/energy intake.

Plan the Sport Year

Let's go beyond the worn out philosophy of "no pain, no gain" training for athletes. A proven strategy to enhance fitness and on-court performance is to integrate performance goals with the concept of detailing the oncoming year, and then dividing it into training phases.

The concept of cyclically sequencing training phases and activities is based on the best thinking in sports science. One of the wiser junior badminton coaches I have encountered was Ram Nayyar in Vancouver. He employed a Canadian based strength and conditioning professional to design a junior fitness program. The focus was core strength and joint stability of the junior athlete. In addition, he utilized the concept of an Annual Training Plan for certain junior athletes. Your job as a highly motivated junior is to meet with your own coach and write out an annual training plan.)

(Continued on Page 7)

Goal Setting

by Jennifer Coleman

Now that summer is here, all of you junior players should be out of school. Which should mean no homework, right? Wrong.

There is always work if you want to improve. One year when I was a junior I decided to create a count down calendar to mark the first day of Junior Nationals. Every day that passed I tore off a piece of paper, counting down the days in big bold letters. On each piece of paper, in addition to how many days remained, I put a quote or a picture to motivate me.

By creating this calendar I was reminding myself daily that I had a long-term goal ahead of myself that I wanted to accomplish. This system also motivated me to work as hard as I could in the short run, when Nationals felt like a long ways away. With any goal setting process- school, work, sports- it is a good idea to create long-term goals, short-term goals, and daily goals.

To begin your goal setting, start with a long-term goal. Don't be afraid to aim high. Also, get a sheet of paper to keep track of your goals. Depending on the person, this first goal can be one year in the future, or even 10 years down the road. Some examples of long-term goals for junior badminton players may include playing in the Olympics, competing internationally, winning the Adult Nationals, making the Junior Pan Am team, winning first at Junior Nationals, or simply going and competing in the Junior Nationals. With a long-term goal in mind, you now have something that should motivate you and that you can strive towards reaching.

After you have a long-term goal figured out, you will need to break it down into as many short-term goals as you need. It doesn't matter if your long-term goal is 5 or 15 years away, you will still have to plan out quite a few short-term goals to make sure you are on the right track. The short-term goals should act as markers to help you check your progress and eventually to help you reassess your long-term goal. Some timelines you could use for short-term goals include yearly goals, seasonal goals, tournament goals, monthly goals, or even weekly goals.

As an athlete I used to have a list of the players I wanted to beat in singles, and when I beat one of them I would cross them off my list, as well as watch my singles ranking improve. Short-term goals can cover any aspect of the sport including technique, tactics, power, conditioning, mental toughness, or competition results. Talk to your coach or a parent if you need help breaking down and creating short-term goals.

Daily goals or goals for each practice are the next step. Every time you step on the court to play or

train you should know why you are there. Ask yourself what you are trying to improve or work on. By creating short-term goals you both give yourself daily motivation as well as a reminder of the long-term goal you are training for. Daily goals may include working on footwork, consistency, practicing visualization, giving 100%, staying focused, doing certain exercises, staying positive, working on specific shots, and the list goes on. If you don't attend practice daily, then set up goals for each practice you do attend, or decide



Photo: Courtesy of Russ Bowles

if you want to do additional work at home on your own. Your daily goal(s) should match up with your short-term goals so that you are practicing what you need to improve on to get where you want to go.

Perhaps most importantly, sit down and plan out all of your goals with a coach, parent, or friend. Make sure that your short-term goals are within your reach, and are measurable. Setting a goal such as, "I want to play well" cannot be easily measured. However, setting a goal of, "hitting 90% of my doubles serves in" can be measured. Also, give yourself rewards for accomplishing your short-term goals. Often times achieving a goal is a reward in itself, but not always.

The whole process of goal setting will help you throughout your life achieve a number of things- getting into college, finding a good job, and accomplishing your goals in badminton. So sit down with a pen and paper, start thinking, and plan out your path to accomplishing your goals. ❖

MBA Membership allows you to participate in **MBA Closed Championship** tournaments (if you meet residency requirement) and to be eligible for **MBA rankings** (if a **USAB** member also). You will receive a subscription to this **MBA** newsletter, *The Flick*. You have a choice to receive this online or via postal service. Check the box next to your email address to receive *The Flick* online.

Name _____

Address _____

City _____ State _____ Zip _____

Birthday _____ Home Club _____

Email _____

I want to (check one):

_____ Join the MBA as an individual member (\$15.00 for yearly membership, July-June)

_____ Get my Flick. Please verify membership and correct info above.

_____ Be a patron for the year (\$30.00, \$50.00, \$100.00 ... or more! It's tax deductible!)

_____ Make a tax deductible donation to _____

_____ Register an MBA Club. Please send me forms and information.

Make check payable to Midwest Badminton Association **and send to:**

MBA c/o Mary Ann Bowles
4514 Pegasus Dr.
St. Louis, MO 68129



2008 MBA Wargo Camp Scholarship

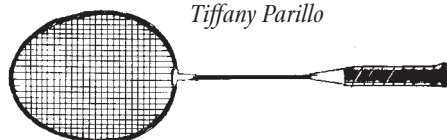
My name is Tiffany Parrillo and I will be a senior at Lake Park High School in Roselle, Illinois. I am extremely honored to have won the Wargo Scholarship from the Midwest Badminton Association and cannot wait to start the camp this summer.

At Lake Park, I am involved in class council, dance ensemble, girl's football, national honor society, and, of course, badminton. I have encountered many experiences as a badminton player that have been exciting but also rewarding. In the middle of my freshman year, I was thinking about getting involved in a sport. When I heard about badminton as a sport at my high school, I remembered all of the enjoyable times playing in my backyard and gym class and thought that it could possibly be the sport for me. So, I tried badminton my freshman year and loved it ever since.



Photo: Courtesy of Russ Bowles

Tiffany Parrillo



Throughout my badminton seasons, I have won conference all three years, placed first in many of the seasonal tournaments, was sectional champion this year, and went to state my sophomore and junior year. Badminton has taught me that hard work produces many exciting accomplishments and it also has helped me to grow mentally. State has made me aware that a person does not become a skilled badminton player overnight. This sport takes dedication, passion, stamina, hard work, and mental strategies to progress and grow as a badminton player.

The Wargo Scholarship will help to improve my skills as a player while at the same time it will keep me mindful of my representation of Kyle Wargo, an opportunity that Kyle did not have, but I have because of the generosity of the committee. ❖

MBA Board of Directors Meeting Minutes

April 26, 2008

Terre Haute, Indiana

DIRECTORS PRESENT: Mary Ann Bowles, Robinson Cook, Dawn Patel, and Alice Wunderlich. Absent were Bob Ericson, Kishore Subramanyam, Jane Wang, and Wayne Wang. Also in attendance: Bharat Patel, Tony Powell, and Norma Trusler.

Dawn called the meeting to order at 10:06 PM EDT.

ELECTION OF OFFICERS

Discussion of election of Officers ensued. All three current officers were willing to serve another term, so 2008-09 officers are:

- President – Dawn Patel
- Secretary – Mary Ann Bowles
- Treasurer – Alice Wunderlich
- Vice-President – Position remains open

Dawn welcomed Robinson Cook to the Board as a representative of the Twin Cities area of Minnesota, Minneapolis and St. Paul. She reminded all Board members of contributing two to three articles to the Flick newsletter through the year. Dawn noted that Board meetings include the one at this meeting, one at the Don Ross tournament in August, and one following the regional Classic in January. Alice Wunderlich proposed a conference call on a quarterly or as needed basis when issues arise.

Dawn commented she was open to any kind of communication, but e-mail worked better for her since her schedule was always changing. Other Board members were in agreement with a needed conference call. A proposal for financial spending for the year would be a good topic for a conference call. Alice will work on details of the spending plan.

Syam Kollipara had submitted a proposal for his children, Karishma and Raunak, to attend a week-long badminton camp at the Bay Badminton Center in San Francisco this summer. The cost would be \$520 for both, and Syam also asked that the plane fare for Karishma not spent for the 2007 Junior Nationals be used for the trip to the camp. Motion was made and seconded to approve the camp expenditure. Motion carried, 6 Ayes, 0 Nays. The Kyle Wargo Camp Scholarship deadline is May 15, 2008.

Dawn had proposed that the MBA act as a co-sponsor for the IBA, the Intercollegiate Badminton Association. This group is led by Donn Gobbie in Indiana, has a website, and promotes intercollegiate badminton between colleges and universities all over the U.S.

The IBA has three levels of participation, recreational, collegiate, and a proposed pro

level. Dawn serves on the collegiate advisory council for the IBA. Concerns over liability and other issues were discussed, and Mary Ann will talk with someone from the USAB and try to find out what problems the MBA would encounter if they co-sponsored the group. The only sponsor on the present website is Badminton Warehouse. Sponsoring would lend increased credibility to the group.

Next meeting will be held at the Don Ross tournament in August, but conference calls could be held prior to that face-to-face meeting.

Meeting adjourned at 10:45 PM EDT.

Respectfully submitted,

Mary Ann Bowles
MBA Secretary

(Continued from Karishma, Page 1)

She loves playing singles, doubles and mixed and doesn't have a clear favorite among them. Her favorite shot in badminton is dropping and her favorite racquet is the Wilson n-Code. Karishma's interests include: listening to music, playing tennis, watching movies, hanging out with friends, reading and, of course, playing badminton. Her favorite book is *My Sister's Keeper* by Jodi Picoult and her life's motto is: *Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.* ❖

Minutes of The Annual General Meeting of the Midwest Badminton Association

April 26, 2008
Terre Haute, Indiana

President Dawn Patel welcomed everyone to the 2008 MBA Adult Championships and the Annual General Meeting at 9:20PM EDT following the tournament dinner. She asked that all first-timers stand and be recognized.

Thank you's were issued to:

- Louisville Badminton Supply, Charles and Bobbie Norton, for vending
- ISU staff
- Norma Trusler for desk work
- Bharat Patel for his volunteer efforts the past two weekends
- Mary Ann Bowles and all the current and training umpires for their help

USAB UPDATE

Mary Ann Bowles gave an update on USAB activities:

- 2008 Adult Nationals
- 8 San Francisco Bay badminton clubs now in operation
- 5 potential U.S. Olympic athletes for 2008
- USAB Bylaws being voted on, Nominating committee being formed, new Board elected by January 1, 2009, and new website
- Passing of two players, Joe Gamlin of St. Louis and Joe Alston, badminton legend from San Diego

FINANCIAL UPDATE

Treasurer Alice Wunderlich gave an update on financial activities:

MBA expenses include:

- 4 MBA tournaments – Adults, Seniors, Juniors, and Don Ross in August
- Midwest Classic prize purse
- Junior activities – Training, MBA Outstanding Junior Awards, Kyle Wargo Scholarship
- MBA website
- Flick newsletter

MBA income includes:

- Membership dues
- USAB rebates
- Donations
- Interest on \$226 endowment

MBA OUTSTANDING JUNIOR AWARD

Mary Ann Bowles announced the 2008 MBA Outstanding Junior Award recipients, James Huang of St. Louis and Raunak Kollipara of Hinsdale, Illinois. They will receive plaques, polo shirts, and plane fare to the 2008 Junior Nationals in Marblehead, MA.

USAB JUNIOR CHAIR COMMENTS

Fred Coleman spoke on Junior badminton in the U.S. He encouraged players to find Juniors and get them playing. The 2008 Junior Nationals are scheduled for Marblehead, MA, June 27-July 2. The 2009 Junior Nationals may go to the Bay area of California.

BOARD OF DIRECTORS' ELECTION

Mary Ann Bowles noted that two directors were up for re-election this year, Alice Wunderlich and Dawn Patel. Both were asked to and gave a short talk on why they were running for re-election. Nominations were then taken from the floor, and Robinson Cook of the Twin Cities area was nominated. He talked of how he had become involved in badminton, and wanted to see what he could do to help the organization. The three persons running for election/re-election were elected by acclamation.

BADMINTON RAFFLES

Linda Downey had donated a Christmas badminton wreath to the MBA for a raffle. Winner of the wreath was Mary Ann Bowles. MBA throw went to Anatoly Berdichevsky.

MISCELLANEOUS

Dawn Patel noted the collegiate champions of the Intercollegiate Badminton Association were the Purdue University team who were asked to stand. They were participants in this tournament. The Indiana University team took second, one of the team being Wayne Wang who is the Ranking committee chair for the MBA.

ORDER OF EVENTS

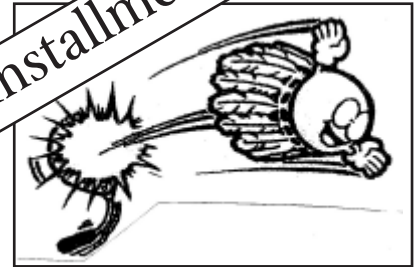
For the tournament on Sunday, the A finals will start at 9AM in this order: Women's Doubles, Mixed Doubles, Men's Singles,

Women's Singles, and Men's Doubles. BCD finals will also start at 9AM with singles, doubles, and mixed doubles, in that order.

Respectfully submitted,

Mary Ann Bowles
MBA Secretary

Installation #2



Dick Witte's

"New Rules of Badminton"

An authoritative and provocative approach to winning badminton . . . especially correlated for those special players whose relative wins against losses would reflect their true ability if only they would get an even break.

Rule #6

- A smash shot that is missed must be played over. Everyone knows that "speed kills" and that excessive speed of the smash cannot be morally accepted.

Rule #7

- When playing partners (mixed or regular), courtesy should be the key consideration. Therefore, if a partner misses a shot or makes an errant or stupid shot, consideration must be duly given and the point played over. After all, one must not compound the partner's feeling of guilt or cause him/her undue concern because of his/her malfeasance.

Rule #8

- Trick shots that prove effectively deceptive are to be considered deceitful and morally unacceptable. It does not stand to reason that a point should be scored against you thereby compounding the felony.

More of "Witte's New Rules" in the next issue.



Results of Iowa Senior Games

June 5th in Des Moines, Iowa-Submitted by Jack Elgin, Event Coordinator

Men's Singles 50-54		
Gold	Rajeev Trehan	Lawrence, KS
Silver	Mahmud Iqbal	Johnston, IA
Men's Singles 55-59		
Gold	Ben Desmond	Kearney, NE
60-64		
Gold	Dave Waggoner	Kearney, NE
Silver	Randall Schuh	Fort Dodge, IA
Bronze	John Benedict	Fayetteville, AR
70-74		
Gold	Bob McFarland	Grand Island, NE
Silver	Carroll Marty	Ames, IA
Bronze	John McGinty	Indianapolis, IN
80-84		
Gold	George Beran	Ames, IA
Men's Doubles 50-54		
Gold	Rajeev Trehan	Lawrence, KS
	Mahmud Iqbal	Johnston, IA
55-59		
Gold	Ben Desmond	Kearney, NE
	Dave Waggoner	Kearney, NE
60-64		
Gold	Dennis Davis	Adel, IA
	Doug Wicks	Boone, IA
Silver	George Beran	Ames, IA
	Jon Benedict	Fayetteville, AR
Bronze	Richard Rounds	Boone, IA
	Randall Schuh	Fort Dodge, IA
70-74		
Gold	Bob McFarland	Grand Island, NE
	Jack Elgin	Van Meter, IA
Silver	John McGinty	Indianapolis, IN
	Mario Marciniak	Dyer, IA

Women's Singles 50-54		
Gold	Ann Stark	Nevada, IA
Silver	Susan Anderson	Tucson, AZ
60-64		
Gold	Carolyn Foster	St. Paul, NE
Silver	N. Benedict	Fayetteville, AR
70-74		
Gold	D. McDonald	Ames, IA
75-79		
Gold	Jan Beran	Ames, IA
Women's Doubles 50-54		
Gold	Ann Stark	Nevada, IA
	Jan Beran	Ames, IA
60-64		
Gold	Carolyn Foster	St. Paul, NE
	N. Benedict	Fayetteville, AR
Mixed Doubles 50-54		
Gold	Ann Stark	Nevada, IA
	Doug Wicks	Boone, IA
Silver	Susan Anderson	Tucson, AZ
	Mark Anderson	Tucson, AZ
Bronze	Ann Stark	Nevada, IA
	Rajeev Trehan	Lawrence, KS
60-64		
Gold	Carolyn Foster	St. Paul, NE
	Bob McFarland	Grand Island, NE
Silver	N. Benedict	Fayetteville, AR
	Jon Benedict	Fayetteville, AR
70-74		
Gold	D. McDonald	Ames, IA
	Jack Elgin	Van Meter, IA
75-79		
Gold	Jan Beran	Ames, IA
	George Beran	Ames, IA

(Continued from K.I.S. Fitness, Page 3)

The plan will include penciled-in competition dates and even social activities over the next fifty-two weeks. The well tuned plan allows for the manipulation of training phases along with change-ups in intensity and volume of activities (intensity and volume have reverse relationships), targeted towards your performance goals during select times of the year. The end result is to peak out your performance at the most important tournaments.

Achieving measurable performance goals is not determined by how much a junior may sweat in the weeks just prior to a big tournament, or how hard a junior may work or how much time he/she devotes to hitting birds, but rather "when and what" activities are done and "how they are manipulated" that determine outcomes on court.

The outcome-based training plan is a cyclical integration of activities to include the inverted relation of intensity and volume of activities throughout the year. The plan is a calendar-like flow chart that includes tournaments, training schedules, holidays, exam times, birthdays and especially the family holidays.

To set up the process, get ready to spend some dollars and invest in a gift for your coach! Visit a local Borders Book Store and seek out the General Fitness shelf. Then look for the author Tudor Bomp. His latest book is titled "Periodization Training For Sports." Dr. Bomp explains how to use sequenced workouts in order to peak by manipulating different training phases and energy systems.

Bomp provides a training model that includes badminton! There is no guesswork about what to do or how to regulate the workloads along with rest and recovery periods. Yes, it is somewhat tech, but it provides a scientific basis to max out your performance goals. The bottom line is the ability of the coach to empower the junior athlete.

Continued in the next issue:

Jump Start Your Fitness
&
**Nutrition+Annual Plan+Fitness+
Court Time=Badminton Success**



WHAT'S UP WITH THE USAB?

By Mary Ann Bowles

What is the state of USA Badminton in the summer of 2009? You may have reviewed the new USAB Bylaws posted on the USAB website, and heard the USAB was in for a face-lift. More than a face-lift would be the current status for the sport's governing body, as all thirty-eight sports governed by the USOC were asked to reorganize and put their houses in order. Each governing body was asked to rewrite bylaws, retire old boards and elect new ones, find new and more sponsors, and move towards more independence of the USOC and its annual funding.

Where is the USAB with this assignment? The new Bylaws have been approved by the current Board and posted on the website. The current Board members are about to resign their positions as a new Nominating and Governance committee is being formed, consisting of one member from the current board, one athlete elected by the athletes, and three members selected by the USOC. The Nominating and Governance committee will then be searching for new members interested in moving the sport forward. New members may not have served on any previous USAB board for this first election. Once interested members have been determined, an election will be held in the fall, and the new Board seated by January 1, 2009.

According to the new Bylaws, new membership categories will include athlete members, coach members, technical official members, and general members. The new Board will be made up of 9 or 10 members including 3 independent members, 2 athlete members, 1 coach member, 1 technical official member, 2 at-large members, and 1 national organization member. Definitions of these particular types of members can be found in the Bylaws. You'll be hearing much more about the new reorganization of USA Badminton—stay tuned! ❖

Community Olympic Games badminton
held 26 June in Kearney, Nebraska—
55-women's teams and 53 men's doubles teams!



Photo: Courtesy of Scott Hayden, Kearney Parks & Rec

In This Issue:

- ◆Page 1 Junior Awards
- ◆Page 3 My Serve
- ◆Page 3 K.I.S. Fitness, Part 1
- ◆Page 4 MBA Membership Form
- ◆Page 4 Goal Setting by Jen
- ◆Page 5 MBA Board Minutes
- ◆Page 5 Wargo Camp Scholarship
- ◆Page 6 Minutes of MBA Gen Mtg
- ◆Page 7 What's Up With USAB
- ◆Page 7 Results of Iowa Sr. Games

Thanks to our MBA Patrons:

Russ & Mary Ann Bowles
Dawn & Bharat Patel
Shouhong & Wayne Wang

The winner of the Kyle Wargo Scholarship for badminton camp is Tiffany Parrillo of Roselle, Illinois, and she attends Roselle High School in a suburb of Chicago. The camp will be held in July. Tiffany was very excited when notified of winning the scholarship--she had to list the top 10 reasons she should attend the camp. Selection of the winner was done by the MBA Junior committee.

Mary Ann Bowles

FIRST CLASS MAIL
Address Correction Requested

7202 Omaha Trace Omaha, NE 68122

