



## Tennis On My Mind? By Mary Ann Bowles

As the new badminton season opens, my mind is dwelling on a summer of tennis. Tennis, you say? No, I am not a tennis player. Little shuttlecocks have been circulating in my mind for too many years to count. But I've always been a tennis fan. Pete Sampras and Chris Evert were my heroes—but I'm adjusting to Andy Roddick and Jennifer Capriati very well. St. Louis has a World Team Tennis team, the St. Louis Aces, for which Andy Roddick has played for the past three summers. In fact, he's the reason I'm writing this article.

First, how is tennis related to badminton? Of course, both are racket sports and can be played for a lifetime. Both are played on a court, although a tennis court can hold three badminton courts. Each sport has three specialties—singles, doubles, and mixed doubles. Tennis has the Davis/Federation Cups, badminton has the Thomas/Uber Cups. And umpires and referees are the officials in both sports. (Umpires control individual matches, a referee controls the entire tournament.)

Besides those similarities, have you noticed all the angles in both badminton and tennis games? Serving is always done diagonally, but there are so many wonderful angled shots made in both games. I enjoy watching tennis because of all the angles, and I try to use some of the tennis strategy on the badminton court. The geometry in both games is so intriguing.

The ballet of badminton is not seen on the tennis court, however. We have so many badminton players who just float on the court, hitting clears and drops at will, and floating to the spot on the court to retrieve the opponent's shot. With tennis now you see such a hard-hitting physical game, a drop shot thrown in now and then from a player and some beautiful footwork, but the finesse in badminton will always outshine the hard-hitting of the tennis players.

And then there's the energy in tennis. Back to Andy Roddick. He was a young tennis prodigy on his first two trips to St. Louis, but so exuberant and energetic—his energy was so contagious that everyone enjoyed

his play and wanted to see him on the court. Roddick's contagious energy so enthralled me that Russ and I planned our summer vacation to the Western & Southern Financial Groups ATP Masters' tennis tournament in Mason, Ohio, in August. This was our first trip to a major tennis competition, and we were really impressed with the elaborate, total-tennis atmosphere. The tennis center was bright, clean, and sparkling; sixty-four top men's players were in the draw; ticket prices were reasonable for a three-day tennis weekend; and rain delays were admirably handled. We also had the opportunity to watch Andy Roddick win the quarter-finals and semi-finals, then earn \$400K for his men's singles' win. We could watch Andy practice with Coach Brad Gilbert on outer courts during the tournament, along with Mardy Fish, Todd Martin and other top players, and we discovered Bob and Mike Bryan, the U.S. men's doubles team ranked #1 in the world!

Having had the opportunity to attend many regional Classics, U.S. Adult National Championships, U.S. Open Badminton Championships, and an Olympic badminton competition in the past, I was quite pleased to see just how professional our badminton tournaments are compared with a top tennis tournament. We really do a great job with our tournaments, and the hard work is very evident. In fact, I sat at the finals of the ATP Masters' tournament, thinking about the center court covered with a roof and a finals of a huge badminton tournament being held in the same venue. Could you imagine 10,000 fans watching Eric Go or Raju Rai or Kevin Han/Howard Bach or Tony Gunawan/Bob Malaythong competing for \$400K in prize purse in a tournament finals?

What do we need in badminton to be walking down the same path as the U.S. Tennis Association? How about some big sponsors, to start with? If you saw any of the U.S. Open tennis tournament, you saw commercials from Lincoln/Mercury, American Express, IBM, JP Morgan Chase, United, and Fuji Film, to name a few. Mercedes Benz was a huge sponsor at the Mason tournament—Russ counted 39 Mercedes lined up in the parking lot for the use of the players. We also enjoyed checking out about ten different Mercedes models displayed inside the grounds of the tennis center.

We've got a start on some really good badminton players, but we just need a lot more of them. Take a trip to our U.S. Junior Nationals one summer and watch the young talent coming down the pipeline—you'll be impressed with the shot-making of some very young badminton athletes. But our grassroots programs need a lot more development—in fact, we need a lot more grassroots programs to start with! The tennis association operates with several national training centers around

**continued on page 4**

The Flick is published by the Midwest Badminton Association 10 times a year, monthly between September and April, with May/June and July/August being combined.

**Submitting Information:**

Tournament entry forms will be printed and distributed with The Flick for a \$75 fee. 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 little or no formatting to the address or email below. Please include your phone number or email address.

**Deadlines:**

Articles and 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 15th of the month prior (e.g. to be in the April issue, send by March 15th). 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: \$25 (\$20 if 6 or more)

**Payment:**

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

**Editor:**

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 1106 N. Hermitage Ave. Apt. 2F  
 Chicago, IL 60622  
 773-384-4048 (h) 312-894-0395 (w)  
 webmaster@midwestbadminton.com

## Tournament Calendar

### OCTOBER 2003

Date	Tournament/Location	Contact Information
Oct 18-19	Ray Scott Memorial Badminton Tournament Omaha, NE	Bob Ericson ericson@brownell.edu <a href="http://www.nebraskabadminton.org">http://www.nebraskabadminton.org</a>
Oct 18-19	Indiana University Open Bloomington, IN	Qin (Arthur) Zhu <a href="http://www.iub.edu/~badmin/">http://www.iub.edu/~badmin/</a>
Oct 24-26	Kalamazoo Open Kalamazoo, MI	Harry Orr harrisongorr@aol.com Darrell Davies ddavies@kvcc.edu

### NOVEMBER 2003

Date	Tournament/Location	Contact Information
Oct. 31- Nov. 2	Kent State Open & Tournament Directors Clinic (info on page 5) Kent, OH	Jess Morgan jessmorgan76@yahoo.com 773-497-0910
Nov 29-30	Windy City Open Tinley Park, IL	Jess Morgan jessmorgan76@yahoo.com Jodie Leahey jleahey@deerfieldcapital.com

**For updates regarding tournaments, check out the Event Calendar page on our website:**  
<http://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 (see left).

They will also be made available on the MBA's website (<http://www.midwestbadminton.com>) at no additional cost, unless you specify that you do not want it to be published on the website.

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## Midwest Players Take the Nation's Capital by Katie Monahan

During a particularly hot and muggy week late this summer, several Midwest badminton players traveled to Washington, D.C. to participate in Don Paup's badminton camp at George Washington University.

The camp, which ran from August 14-17, featured an all-star staff including Don Paup himself (winner of about 12 national championships), Dean Schoppe (following his appearance at the World Championships earlier this year), Dottie O'Neil (former national champion) Rick Thompson (with accompanying zany t-shirts--check out playbadminton.com), and national standouts Melinda Keszthelyi and Andy Chong.

The sixty or so camp participants came from all over the country for four days of superb instruction in stroking technique, game strategy, and everyone's favorite: footwork. Andy Chong revealed a number of "secrets" of his amazing play, which will remain safe with us.

Exhibition play by the staff as well as games among campers were also analyzed by the experienced staff. A lot of material was covered, and a lot of t-shirts were drenched over the course of the camp.

Most impressive was the fact that all the players, ranging in age from 7 to 70, and in ability level from novice to nationally ranked, were able to take a lot away from the experience. (Ask Gloria Eli what she learned about her serve). On the courts, the staff offered helpful tips and devoted significant amounts of time to each camper, whether they were dealing with the most basic fundamentals or more advanced strategies (maybe fine-tuning your ability to fake out your opponent or attempting to hit a back-hand jump smash with Andy).

Additionally, several meals and opportunities to socialize were provided, including a Crab Feast at Don Paup's house on Friday night.

It was truly a great opportunity to work on your game with a great staff, and to meet other badminton enthusiasts from around the country. Players from the Midwest included Tony Powell, Katie Monahan and Alice Wunderlich (Chicago

area), Chris Kaczanowski, Louis Fortis, Gloria Eli and Cleon McLaughlin (Detroit area), Don Ross (Indianapolis, once again), and Lynn Freidman (Columbus, Ohio).

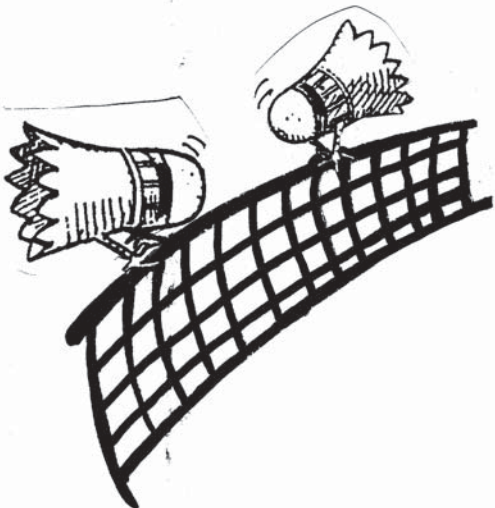
There is a picture on the back page of the Midwest participants (minus Lynn, who was camera shy). Below, a few candid moments... Don Ross (left), Tony Powell (right).



	<p><u>Membership Application</u></p>
<p>MBA Membership allows you to participate in MBA Closed Championship tournaments (if you meet residency requirements) and to be eligible for MBA rankings (if USAB member too). You will receive a subscription to the 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.</p>	
<p>Name: _____</p>	
<p>Address: _____</p>	
<p>City, State, Zip: _____</p>	
<p>Area Code and Phone: _____</p>	
<p>Birthdate: _____ Home Club: _____</p>	
<p><input type="checkbox"/> Email Address: _____</p>	
<p>I want to (check one):</p>	
<p><input type="checkbox"/> Join the MBA as an individual member (\$15 for year membership July - June)</p>	
<p><input type="checkbox"/> Get my Flick! Please verify membership and correct info above.</p>	
<p><input type="checkbox"/> Be a patron for the year (\$30, \$50, \$100... or more! It's tax deductible!)</p>	
<p><input type="checkbox"/> Make a tax deductible donation to _____ (ex. Jr. Development)</p>	
<p><input type="checkbox"/> Register an MBA Club. Please send me forms and information.</p>	
<p>Make check payable to Midwest Badminton Association and send to:  <b>MBA c/o Jessica Morgan</b>  <b>1106 N. Hermitage Ave. Apt. 2F Chicago IL 60622</b></p>	

## bird.chat.net

In case you missed the introduction last month, welcome to "bird.chat.net", the internet age discussion between two shuttles, "Drop" and "Smash," chatting about newsworthy items of interest to our readers. Let us know what you think Drop and Smash should chat about next month!



- Drop:** Hey, Smash. What's going on?  
**Smash:** Did you hear about the new tournaments coming up in the Midwest?  
**Drop:** No! There's new tournaments?  
**Smash:** Yeah, don't you look at the tournament schedule in the Flick or on the MBA web page?  
**Drop:** No, but I'll check it out now!  
**Smash:** Well, two new tournaments are being held this fall.  
**Drop:** Where are they?  
**Smash:** One is being held in Kent, Ohio, the other in Bloomington, Indiana.  
**Drop:** Kent, Ohio?  
**Smash:** Yeah, Thierry Petinaux and Yujun Guo wanted to host a tournament this season, so they found a facility and asked the MBA Board to assist. Jess Morgan is helping them - what a go-getter (improv by Editor).  
**Drop:** Where is Kent, Ohio?  
**Smash:** It's in northeast Ohio, right outside Akron and about forty miles from Cleveland.  
**Drop:** When and where is this tournament?  
**Smash:** November 1-2 at Kent State University.  
**Drop:** And what's the scoop on this other new tournament?  
**Smash:** The other tournament is the Indiana University Open, to be held in Bloomington, Indiana, on October 17-19. Bloomington is about fifty miles south of Indianapolis.  
**Drop:** Who's hosting this tournament?  
**Smash:** Arthur (Qin) Zhu and Chris Lawrence.  
**Drop:** So the tournament season is off and running?  
**Smash:** You bet! Let's get those entries in and support these new tournaments!  
**Drop:** Right on! TTYL! (translation: talk to ya later)

## Tennis continued from page 1

the country—New York, Florida, and California—but many National Governing Bodies operate with no national training centers at all. Local clubs have been the backbone of U.S. badminton for many decades, and they will continue to be the source for our young aspiring players.

We also need some good media coverage. The ATP Masters' tennis tournaments are covered by the USA TV network, and, of course, the U.S. Open Tennis Championships are covered by CBS and the USA network. Patrick McEnroe, former top tennis player and Davis Cup captain, was interviewing winners at the Mason tournament and at the U.S. Open. Did you know the 2000 Olympics badminton competition was seen by two billion viewers around the world? No, not in the U.S., but that TV coverage hit every other continent in the world. We need NBC or CBS or The Tennis Channel to pick up our coverage so people can see what the Olympic sport of badminton really looks like. Remember all the curling you saw during the Winter Olympics on NBC? Wouldn't it be great if every time you tuned in to the 2004 Olympics in Athens, NBC was showing more badminton?

With the 2005 IBF World Championships coming to Anaheim, California, we have the jumpstart we need to get badminton on the map. That means the sponsors will be interested, the media will be interested, and the young badminton players in this country will be inspired to work hard to become the Andy Roddick's of the future in U.S. badminton.

If you saw the Men's Singles final of the U.S. Open Tennis Championships, you know Andy Roddick won \$1 million and a dreamed-for title. Well, every time I see him play or hear his name now, I think of what could be for USA Badminton. But let's not just dream about the future—let's make it happen.

Find those junior players, and teach them how to play. Get that program started that you've been thinking about starting for several years. Write an article for the Flick about a goal you've reached in your badminton career. Host a tournament in your city to offer players another opportunity to hone their skills. Let's all help badminton grow so we can one day enjoy watching a U.S. player reach the top of our sport!

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## New Address for Flick Editor

In case you are planning on sending me anything via snail mail (membership renewal, Flick content), please note the new address on page 2.

## *Kent State Badminton Open and Tournament Director's Clinic*

- Sponsor:** Department of Recreational Services, Kent State University. Sanctioned by USA Badminton. You must be a USAB member to participate (you may join at the tournament).
- Date:** Tournament Director's Clinic: Friday, October 31, 2003  
Badminton Tournament: Saturday, November 1 - Sunday, November 2, 2003
- Location:** Tournament Director's Clinic: MSB 121 (Math & Science Building, Classroom 121) on Summit St.  
Badminton Tournament: Gym Annex 153 & 155 on Risman Dr.  
Both are at Kent State University, Kent, OH, 44242
- Contact:** Jess Morgan, phone: (773) 497-0910, e-mail: [jessmorgan76@yahoo.com](mailto:jessmorgan76@yahoo.com)  
Yujun Guo, email: [kent\\_birdie@yahoo.com](mailto:kent_birdie@yahoo.com)
- Events:** Open Singles, Doubles & Mixed Doubles. A,B,C,D drop flight. 3x15 scoring.
- Awards:** Prizes will be awarded to winner and runner-up of each event.
- Fee:** Entry fee is \$15 per person for the 1st event, \$10 for each additional event.  
Refunds will only be considered before draw is made. No phone entries will be accepted.

Tournament Director's Clinic is free for MBA members, \$10 for non-MBA members. The Clinic is being sponsored by the MBA and run by Len Williams, an expert tournament director with many years of experience who has been called upon for consultation many times by the MBA. Please register or email Jess if you wish to attend, so that Len can adequately prepare materials.

- Deadline:** Entry form and fee must be received by **Friday, October 24, 2003**.  
Payment MUST accompany entry form (make checks payable to Jessica Morgan).  
Send entry forms to 1106 N. Hermitage Ave. Apt. 2F, Chicago, IL 60622.

**Schedule:** Friday, October 31, 2003 - Tournament Director's Clinic

Registration	6:15 pm
Tournament Director's Clinic	6:30 pm

Saturday, November 1, 2003

Check-in/Warm-up	8:00 am
Open Doubles (thru semi-finals)	8:30 am
Open Singles (thru semi-finals)	12:00 pm
Mixed Doubles (thru semi-finals)	4:00 pm

Sunday, November 2, 2003

Gym Opens/Warm-up	8:30 am
BCD Finals	9:00 am
A Finals	11:00 am

*Times are approximate. Exact times will depend on number of entries & speed of play.*

- Misc:** Shuttlecocks will be sold for \$1.50 each. Locker rooms will be available. Louisville Badminton Supply will provide stringing services.

- Lodging:**
- |   |   |
|---|---|
| University Inn (0.5 miles S. of Kent)<br>540 S. Water St., Kent<br>330-678-0123<br>Rates: <a href="http://www.kentuniversityinn.com">http://www.kentuniversityinn.com</a> | Days Inn (3 miles SE of Kent)<br>4422 Edson Rd., Kent (I-76 exit #33)<br>330-677-9400 or 1-800-325-2525<br>From \$49  |
| Super 8 Motel (3 mi. S. of Kent)<br>4380 Edson Rd., Kent (I-76 exit #33)<br>330-678-8817 or 1-800-800-8000<br>From \$45   | Ramada Inn-Akron/Kent (3 mi. S. of Kent)<br>4363 Rt. 43, Kent (I-76 & Rt.43, exit #33)<br>(330) 678-0101<br>From \$59 |
| Hampton Inn-Akron/Kent (3 mi. S. of Kent)<br>4406 St. Rte 43, Kent, OH<br>(330) 673-8555<br>From \$79   |   |

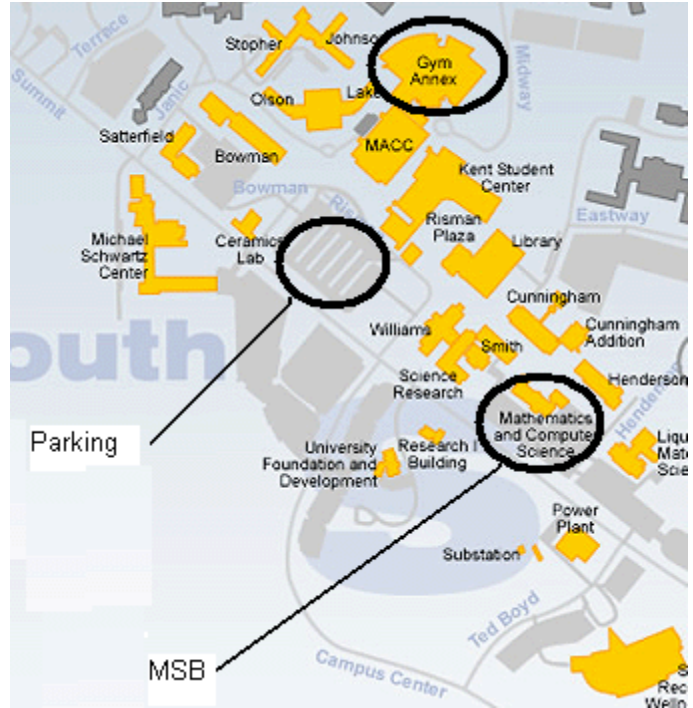
## **Kent State Badminton Open and Tournament Director's Clinic - Directions & Map**

**To Kent:** Kent is approximately 15 miles east of Akron and 35 miles southeast of Cleveland. Take exit 13 off the Ohio Turnpike (I-80) or exit 33 off I-76; then follow State Route 43 to Kent.

**To Gym:**

**from University Inn** - Turn left onto Water St. (north). Immediately get into the right lane and turn right at the traffic light onto Summit St. Turn left onto Risman Drive. Risman curves to the left in front of the Student Center. The MAC Center is the 2nd building on the right. The Gym Annex is attached to the rear of the MAC Center. The visitor parking lot is on your left.

**from Ramada Inn, Super 8, Days Inn and Hampton Inn at I-76 & Rt. 43** - Follow 43 North to Rt. 261. Turn right onto Rt. 261. Turn left onto Summit St. heading west. Turn right onto Risman Drive. Risman curves to the left in front of the Student Center. The MAC Center is the 2nd building on the right. The Gym Annex is attached to the rear of the MAC Center. Visitor parking lot is on your left.



**To Clinic:**

**from the University Inn** - Turn left onto Water St. (north). Immediately get into the right lane and turn right at the light onto Summit St. Turn left into the parking lot at the first entry. The MSB is the first building on the right.

**from Ramada Inn, Super 8, Days Inn and Hampton Inn at I-76 & Rt. 43** - Follow 43 North to Rt. 261. Turn right onto Rt. 261. Turn left onto Summit St. heading west. Go through one traffic light. Turn right into the parking lot when you pass through the second traffic light. The MSB is the building on the left.

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### **Kent State Badminton Open and Tournament Director's Clinic - Entry Form**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Level (ABCD): \_\_\_\_\_

Address: \_\_\_\_\_ Phone(s): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: M F

Email (for confirmation purpose only): \_\_\_\_\_

Local Club: \_\_\_\_\_ USAB # \_\_\_\_\_

**Open Events:**

Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_ Partner (or Request): \_\_\_\_\_  
 Mixed \_\_\_\_\_ Partner (or Request): \_\_\_\_\_

**Tournament Director's Clinic:**

Number of MBA Members: \_\_\_\_\_  
 Number of Non-Members: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ (\$15 first event, \$10 each additional event; \$10 for TD Clinic if not MBA member)

Make check payable to and mail to: Jessica Morgan, 1106 N. Hermitage Ave. Apt. 2F, Chicago, IL 60622

# Windy City Badminton Open

November 29-30, 2003

Tinley Park, IL

Date: Saturday, **November 29<sup>th</sup>** and Sunday, **November 30<sup>th</sup>**, 2003

Location: Victor J. Andrew H.S., 9001 W. 171st Street, Tinley Park, IL 60477

Contact: Jodie Leahey, phone: (773) 368-0334, e-mail: [jodieleahey@hotmail.com](mailto:jodieleahey@hotmail.com)

Chair: Jessica Morgan

Events: Adult Singles, Doubles & Mixed Doubles. A,B,C,D drop flight. 3x15 scoring.  
Junior Singles & Doubles (High School & younger). Pool format. 3x15 scoring.

Fee: Adult fee is \$20 per person for the 1<sup>st</sup> event, \$10 for each additional event.  
Junior fee is \$20 per person for up to two junior events, \$5 for each additional event, open or junior.

*Note to Juniors wishing to also participate in open events:* Please note the times below and determine if you think you will be able to play in both junior and open events. You will only be guaranteed a 10 minute break. So it is very possible that you will be called for an open event 10 minutes after finishing a junior match, or vice versa. If you do not feel you will be able to handle that, please don't enter both junior and open events.

Prizes: Entry fee includes a souvenir T-shirt. Prizes will be awarded for the 1<sup>st</sup> and 2<sup>nd</sup> place finishers in each flight (or pool for Juniors). Cash prizes for adult events.

Deadline: Entry form and fee must be received by **Friday, November 14, 2003**.  
Payment MUST accompany entry form (checks payable to Jessica Morgan).  
Send forms to 1106 N. Hermitage Ave. Apt #2F, Chicago, IL 60622.  
Late applicants may not be accepted if event is full, you will be notified in such case.

Schedule: **SAT. November 29, 2003**

ADULT

10:00 am – Adult check-in/Warm-up

10:30 am – Adult Doubles

1:30 pm – Adult Singles

4:30 pm – Adult Mixed Doubles

JUNIOR

12:00 pm – Junior check-in/Warm-up

12:30 pm – Junior Singles

4:30 pm – Junior Doubles

**SUN. November 30, 2003**

9:00am – semi finals and higher (ADULT & JUNIOR, all events)

Exact times will depend on number of entries & speed of play. Players not playing in the morning events must check-in at least one half hour before their event is scheduled.

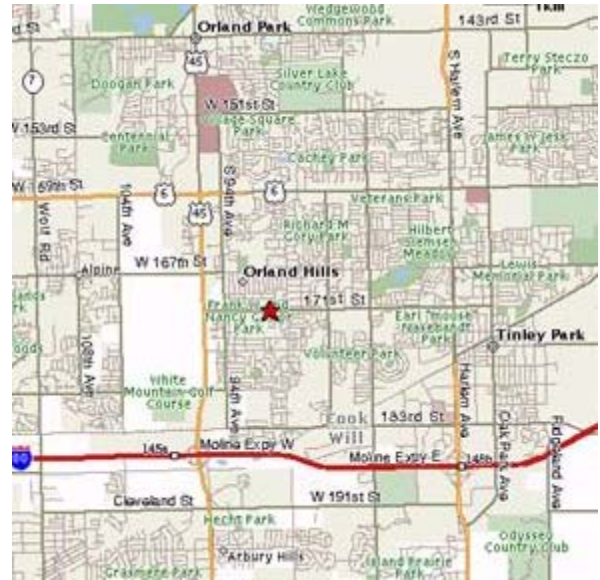
Misc: 1 free shuttlecock provided for each match, 3 free shuttlecocks for all semi-finals and finals. Additional shuttlecocks will be sold for \$1.50 each. Men and Women locker rooms will be available with shower (provide your own lock and towel). Tournament play will not break for lunch so please bring food or arrange to order (menus of places providing delivery will be available at the registration desk).

More Info: Entry forms and information also available on the Midwest Badminton Association website at [www.midwestbadminton.com](http://www.midwestbadminton.com).

Lodging: Fairfield Inn, 18511 N. Creek Dr., Tinley Park (708) 633-1050  
Sleep Inn, 18420 Spring Creek Dr., Tinley Park (708) 342-1700  
Comfort Inn, 8800 W. 159<sup>th</sup> St., Orland Park (708) 403-1100

## Windy City Badminton Open - Maps & Directions

**Victor J. Andrew H.S.  
9001 W. 171st Street  
Tinley Park, IL 60477**



- From LaGrange Ave (Route 45):** Take 171<sup>st</sup> St East. The school is on the south side of the block about a mile down.
- From Harlem Ave:** Take 171<sup>st</sup> St West. The school is on the south side of the block about 3 miles down.
- Parking for the gym is in the back of the school.
- From the North:** Take 90/94 East to I-57 South. Take I-57 South to I-80 West. Take I-80 West to LaGrange Ave (Route 45) North then follow the instructions above.
- From the Northwest:** Take I-294 South to I-55 North. Go about a mile or 2 and take the LaGrange (Route 45) South exit. You will be on LaGrange for several miles. Then follow the instructions above.
- From the South:** Take either I-55 or I-57 to I-80 (East from I-55 or West from I-57). Take the LaGrange (Route 45) North exit and follow the instructions above.

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### Windy City Badminton Open - Entry Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Level (ABCD or HS Level): \_\_\_\_\_

Address: \_\_\_\_\_ Phone(s): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: M F

Email (for confirmation/informational purpose): \_\_\_\_\_

Local Club or High School: \_\_\_\_\_ T-Shirt Size: S M L XL

**EVENTS:**

ADULT - OPEN	JUNIOR
Singles _____	Singles: _____
Doubles _____ Partner (or Request) _____	Doubles _____ Partner (or Request) _____
Mixed _____	Mixed _____
Doubles _____ Partner (or Request) _____	Doubles _____ Partner (or Request) _____

Amount Enclosed: \$ \_\_\_\_\_  
(See information page for fees)

Make check payable to and mail to:  
Jessica Morgan, 1106 N. Hermitage Ave. Apt #2F, Chicago, IL 60622

**WAIVER:** By signing this entry application, I agree to waive any and all claims that may arise from my participation in this tournament. I release and discharge all participants in this tournament, Victor J. Andrew High School, Consolidated High School District 230, administrators, and volunteers for any bodily injury to myself or others, or for any damage or loss during the course of the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Or guardian if under 18 years old)

## Eating Before Competing by Katharina Prax

*What is the right food before and during competition and how much should I eat?*

I am sure many of you were confronted with the questions asked below in the past and in my opinion, there is no perfect answer to these questions. Every athlete and individual should decide for themselves what is good and bad for their nutrition during a tournament or during exercising. However, there are a few things that you might want to consider or think about for a moment in case you didn't know.

Many casual exercisers and competitive athletes believe they should avoid food for several hours before they exercise or compete. Others wonder if they should snack, perhaps on an energy bar before a badminton game. And a few are so nervous that even the thought of food is nauseating.

Whatever your concerns, experimenting with some of the following pre-activity strategies and finding what works best for you can give you top energy and performance.

*Is it bad to eat before exercising or competing? Doesn't the food just sit undigested?*

As long as your activity is moderate (at a pace you can maintain for more than 30 minutes), your body can digest food during exercise. Pre-activity eating can help you significantly by supplying energy for sustained exercise and preventing the lightheadedness, fatigue, and indecisiveness that can result from low blood sugar. The food you eat 5 minutes to 4 hours before activity helps fuel your muscles and brain, and it can help you perform better.

For a few people whose activity is moderately paced, eating causes gastric upset or intestinal problems. If you have these difficulties, you simply have to learn from experience the pre-exercise eating plan that works best for you.

*What can I do if I have a game early in the morning (like at 8 am)?*

Carbohydrates are very important for maintaining normal blood sugar (the fuel used by the brain) and glycogen (the fuel used by the muscles). Because your blood sugar drops as you sleep, you need to replenish the depleted stores or your morning performance could suffer.

Plan to eat a carbohydrate-based breakfast between 6 am and 8 am. Cereal, bread, fruit, and fruit juice are excellent choices that may help you concentrate better and respond more quickly during that morning game.

*I get so nervous before a competition that I can't even think about eating. What can I do?*

Plan to eat several hours before activity, and eat familiar foods that won't cause a surprise stomach upset. Many athletes like oatmeal or other hot or cold cereals with low-fat milk. Other soothing, carbohydrate-rich choices are bagels with a little light cream cheese, yogurt, pancakes, or French toast. If the thought of solid food turns your stomach, you may prefer a meal replacement drink. Any fuel is better than none, so try to consume at least 300 to 500 calories.

*I'm so hungry in the afternoon that I buy a candy bar for quick energy before the game. Does sugar hurt sports performance?*

Research suggests that candy doesn't hurt most people's sports performance. A study reports that athletes who ate a big breakfast 4 hours before and a candy bar 5 minutes before hard exercise improved 20% during the exercise test compared with when they ate nothing. The results of the study also suggest that just candy and no breakfast before exercise improved performance 10% in comparison with eating nothing.

Some people are sensitive to pre-exercise sugar, however, and have a rebound blood-sugar low that makes them feel weak. Hence, the safest bet is to eat the candy within 5 to 10 minutes of starting activity. This span is too short for the body to respond. (Or, eat the candy more than 45 minutes before exercise to allow insulin levels to drop.)

Candy is better than nothing, but it's not premium fuel. It's better to eat a more wholesome snack like cereal, a banana or apple, yogurt, or pretzels and juice. The urge for a quick energy fix is a sign you've eaten too little food earlier in the day. To prevent cravings, eat a hearty breakfast and lunch.

*Snacks – a good way to give you more energy throughout the competition.*

So you won't go hungry if you're traveling to a badminton tournament, stash 1,000 calories of snacks in your sports bag (never try new foods before an important event). On game day you can add perishable items such as yogurt, bagels, apples or other fresh fruit, or even a sandwich or two. Some possibilities:

- Granola bars or energy bars (about 200 calories each)
- Trail mix (about 200 calories per 1/2 cup)
- Toaster pastries (about 200 calories each)
- Dried fruit (150 calories per 1.5-ounce box of raisins)
- Animal crackers (about 140 calories per 12 pieces)
- Juice boxes (100 to 150 calories per 8 ounces)

## **The Revival of the State Games of Indiana by Dawn Patel**

The days of the Hoosier Games and the White River Parks Games are history, a history that never officially included badminton. Bharat and I made 4 attempts over the past 15 years to have badminton included in the games. The board members were very excited about the video footage and our proposals, but it never became a reality.

Our first meeting was just an ice breaker and made the board members of the games aware of our local badminton club, state badminton organization, as well as the MBA, national and international badminton organizations. They watched and listened and told us they weren't adding any more sports, but to keep promoting our sport. It was good for the city.

By our second and third meetings the state games program was looking to expand. Both times we presented our case to the Board of Directors we were included as part of a select few in the "Emerging Sports" program. The budget was cut along with the "Emerging Sports" program. We were encouraged to keep promoting our sport. It was good for the city.

Then the city needed Bharat and me to be the Sport Commissioners for badminton as part of the 2001 World Police & Fire Games. We volunteered and helped our city put on a world class event. We worked with another volunteer that was the new director for the state games. She promised we would be hosting badminton in our state games in 2002. The state games program was dropped completely.

The State Games of Indiana has new leadership. It just so happens that I already know this man from his work at the USAB office, but more from coaching against one another for a few years as coaches of collegiate women's tennis programs. Don Gobbie has stepped up to serve and we are about to receive a commitment of time and energy needed to produce a class event in the near future for the State Games of Indiana, including badminton.

The new State Games of Indiana was required to host 12 sports to get back on the active list in the National State Games office. Don Gobbie is making sure that Indiana meets and exceeds the criteria to have our state qualifiers move on to the next level of competition thru the national structure

in the near future. I appreciate all the hard work he and his volunteer crew have already put into making this event a reality.

Bharat and I ran the badminton event for the State Games of Indiana at the Key Learning Community Center school gym. This is the same year round facility the Indianapolis Badminton Club uses Monday, Tuesday, and Thursday from 6-9 pm as part of the city parks program. Shuttles were provided, as well as the gold, silver and bronze medals.

Some of the matches were very close while others were fairly lopsided, but everyone that participated was excited to have the opportunity. Preparation for next year's event has already begun. We continue to promote our great sport. It is good for the city, state, region, nation and world.

### **State Games of Indiana Results:**

#### **Men's Doubles:**

Gold: Andre Chionh (Fishers) & Bharat Patel (Martinsville)  
Silver: Terry Downey (Bowling Green) & Gunawan Suhasim (Indianapolis)  
Bronze: Alan Chiang (Greenfield) & Exing Wang (Carmel)

#### **Women's Doubles:**

Gold: Dawn Patel (Martinsville) & Yi Yang (Carmel)  
Silver: Linda Downey (Bowling Green) & Norma Trusler (Indianapolis)  
Bronze: Kathy Gard (Trafalgar) & Fransiska Hendri Suhasim (Indianapolis)

#### **Mixed Doubles:**

Gold: Dawn & Bharat Patel (Martinsville)  
Silver: Yi Yang & Exing Wang (Carmel)  
Bronze: Linda & Terry Downey (Bowling Green)

### **Midwest Rankings**

The Midwest rankings from the 2002-2003 playing season are on the next page. Rankings are based upon points accumulated for competing in quarter-finals, semi-finals, or final matches in the "A" division. Also considered are: head-to-head competitions, play against common opponents, and strength of tournaments.

To be eligible for an Open division ranking, a player/team must have competed in that event in three Midwest tournaments and be an MBA member. We cannot assign points or consider head-to-head matches for tournaments that we do not have results from. The tournaments that were used for ranking purposes were: Chicago Open, Ray Scott Open, KVCC Open, Prairie State Games, Sr Midwest Closed Championships, Kentucky Open, Region 2 Classic/Indiana Open, Wisconsin Open, Midwest Closed Championships. **continued on page 11...**

## Midwest Rankings

*Winner of the Midwest  
Championship is denoted with \**

### Open Men's Singles

1. Linh Luu\*
2. Mark Hecquet
3. Isaac Alwine  
Chandra Mowli  
Gediminas Andrikonis
6. Andre Chionh
7. Adam Holleran  
Alex Hong
9. Matt Wrobel
10. Milan Kratka  
Tarwin Winawan
12. Peter Sidorczuk
13. Felix Wijaya

### Open Women's Singles

1. Kristin Artman\*
2. Lee Ann Alwine
3. Sarah Sammit
4. Yvonne Cheng
5. Jurate Sidlauskaitė
6. Linda Tsai
7. Stephanie Mell  
Debi Misra  
Marena Smitobol  
Melody Ji  
Karishma Kollipara

### Open Men's Doubles

1. Jeetendra Dayaldasani/Chandra Mowli
2. Andre Chionh/Mark Hecquet
3. Peter Sidorczuk/Matt Wrobel,  
Ashok Ganesan/Masood Khan

### Open Women's Doubles

1. Lee Ann Alwine/Kristin Artman\*
2. Yvonne Cheng/Sarah Sammit
3. Mary Ann Bowles/Alice Wunderlich
4. Amy Bland/Jodie Leahey
5. Stephanie Mell/Marena Smitobol
6. Yvonne Chung/Melody Ji

### Open Mixed Doubles

1. Isaac Alwine/Lee Ann Alwine
2. Alex Hong/Yvonne Cheng
3. Jeetendra Dayaldasani/Mary Ann Bowles
4. Matt Wrobel/Marena Smitobol
5. George Daley/Helen Weyand
6. Terry Downey/Linda Downey

### Jr.-Sr. Men's Singles

1. Alex Hong
2. Derek Lee
3. Ta-Chieh Huang

### Jr.-Sr. Men's Doubles

1. Alex Hong/Sergei Krasnyanski
2. Ta-Chieh Huang/Derek Lee
3. George Daley/Dave Obert
4. Ian Buckley/Tom Carmichael
5. Steve Clarke/Paul Schiebold  
Rick Dawson/Claus Weyand

### Jr.-Sr. Women's Doubles

1. Leann Du-Higashi/Dawn Patel
2. Mary Blandino/Mary Ann Bowles
3. Renu Dewan/Helen Weyand
4. Gloria Eli/Norma Trusler
6. Linda Downey/Jackie Vansant

### Jr.-Sr. Mixed Doubles

1. Alex Hong/Amy Hopping
2. George Daley/Leann Du-Higashi
3. Ian Buckley/Alice Wunderlich
4. Ron Garrett/Jackie Vansant
5. Sergei Krasnyanski/Renu Dewan

### Senior Men's Singles

1. George Daley\*
2. Sergei Krasnyanski
3. Ron Garrett  
Bharat Patel
5. Dave Obert

### Senior Men's Doubles

1. George Daley/Dave Obert\*
2. Ian Buckley/Tom Carmichael  
Ron Garrett/Phil Sleet
4. Anthony Artman/Paul Schiebold
5. Rick Dawson/Claus Weyand,  
Fred Coleman/Tony Powell,  
Terry Downey/James Hing

### Senior Women's Doubles

1. Leann Du-Higashi/Dawn Patel\*
2. Mary Ann Bowles/Alice Wunderlich
3. Linda Downey/Helen Weyand
4. Mary Blandino/Linda Downey  
Amy Hopping/Jackie Vansant
5. Mary Blandino/Alice Mohr

### Senior Mixed Doubles

1. George Daley/Helen Weyand\*
2. Bharat Patel/Dawn Patel
3. Dave Murray/Leann Du-Higashi  
Ron Garrett/Jackie Vansant
5. Bob Ericson/Mary Ann Bowles
6. Terry Downey/Linda Downey  
Tony Powell/Alice Wunderlich
8. Anthony Artman/Mary Blandino

### Master Men's Singles

1. David Gladwin\*
2. Fred Coleman
3. Terry Downey
4. James Hing

### Master Men's Doubles

1. David Gladwin/David Tomberg\*
2. Ron Garrett/Phil Sleet
3. Bob Ericson/Len Williams, Fred Coleman/Dave Murray
4. Terry Downey/Charles Norton
6. Anthony Artman/Tony Powell
7. Neil Burditt/Herb Wainer

### Master Mixed Doubles

1. Tom Carmichael/Helen Weyand\*
2. Len Williams/Mary Ann Bowles
3. Terry Downey/Linda Downey
4. Wolfgang Arlt/Mary Blandino

### Grand Master Men's Singles

1. Dave Murray\*
2. Carl Biszantz
3. Anatoly Berdichevsky
4. H.C. Ownbey
5. Morton Katz
6. Harry Orr
7. Robert McFarland

### Grand Master Men's Doubles

1. Dave Murray/Len Williams\*
2. Bob Ericson/H.C. Ownbey
3. Carl Biszantz/Charles Norton
4. Neil Burditt/Herb Wainer
5. Anatoly Berdichevsky/Harry Orr
6. Robert McFarland/Elmer Smith
7. Ron Gross/Morton Katz

### Grand Master Women's Doubles

1. Clara Gamble/Ruth Madsen\*
2. Shirley Degar/Connie Ecklar
3. Barbara Ownbey/Bea Zimmer

### Grand Master Mixed Doubles

1. Len Williams/Alice Mohr\*
2. Carl Biszantz/Ruth Madsen
3. Robert McFarland/Shirley Degar  
Charles Norton/Connie Ecklar
5. H.C. Ownbey/Barbara Ownbey
6. Harry Orr/Clara Gamble
7. Elmer Smith/Bea Zimmer

### Golden Master Men's Singles

1. Wolfgang Arlt\*
2. Harvey Mason, John Mohr
4. Elmer Smith

### Golden Master Men's Doubles

1. Wolfgang Arlt/Harvey Mason
2. John Mohr/Elmer Smith

If you would like to appeal the rankings, you may contact Dawn Patel (see page 2 for contact information) by January 1, 2004.



*These Midwest players went to the GWU Badminton Camp in DC. Read about it on page 3!  
Pictured above are: (back row) Gloria Eli, Don Ross, Cleon McLaughlin; (front row) Tony Powell, Katie Monahan, Chris Kaczanowski, Alice Wunderlich, and Louis Fortis.*

## **In Your October Flick:**

**Midwest Players Head to Camp**

**Who's Thinking About Tennis?**

**Should I Eat Before I Compete?**

**2002-2003 Rankings**

**Info & Entry Forms for:  
Kent State Open & Tournament  
Director's Clinic  
Windy City Badminton Open**

## **Midwest Badminton Association**

1106 N. Hermitage Ave. Apt. 2F, Chicago IL 60622

### **Thanks to our MBA Patrons**

*Have I forgotten you? Let me know!*

The Alwine Family  
Ann Arbor Badminton Club  
The Artman Family  
Russ and Mary Ann Bowles  
Terry and Linda Downey  
Ron Garrett & Jackie Vansant  
K & D Graphics (Don & Gus Chew)  
Chris Lawrence  
John Lizza  
Bill McOwen  
Alan Mills  
Missouri Badminton Club  
Ted Moehlmann  
Frank Panice  
Park Ridge Badminton Club  
Dawn and Bharat Patel  
Don Ross  
Jim Safranek  
Virginia Smith  
Dick Witte

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