

THE flick

THE NEWSLETTER OF THE MIDWEST BADMINTON ASSOCIATION

SEPTEMBER 2004

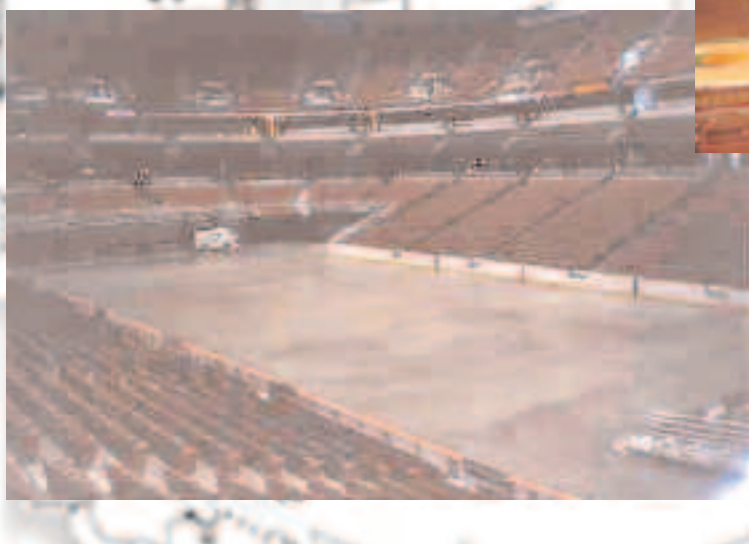
M I D W E S T



B A D M I N T O N

A S S O C I A T I O N

IN THE SUBTERRANEAN DEPTHS OF THE DUCK POND



what's inside?

Really big shuttles

Coaches get more coaching

Tips on getting better!

Send us your thoughts!

Join the USAB!

Avid badminton enthusiasts are looking forward to the 2005 World Championships in Anaheim, California, to be held at Arrowhead "Pond." This writer, in attendance at the 2004 U.S. Open, had the opportunity, along with a dozen other badminton players and fans, to tour the Pond.

By Mary Ann Bowles



Tournament Calendar

October 2004

<i>Date</i>	<i>Tournament/Location</i>	<i>Contact Information</i>
October 2-3	Ray Scott Memorial Tourney Papillion-LaVista H.S. Papillion, Nebraska	www.nebraskabadminton.org Bob Ericson ericson@brownell.edu

<i>Date</i>	<i>Tournament/Location</i>	<i>Contact Information</i>
October 22-23	Willowbrook Open Willowbrook High School 1250 S. Ardmore Avenue Villa Park, IL 60181	Alvin Chiang 847 Division St Northbrook, IL 60062 AlvinChiang@plbadminton.com

<i>Date</i>	<i>Tournament/Location</i>	<i>Contact Information</i>
October 30-31	Kalamazoo Valley CC Open Kalamazoo Valley Comm.College 6767 West O Ave. Kalamazoo, MI	Darrell Davies 1105 Dwillard Dr. Kalamazoo, MI 49048 269-488-4355

November 2004

<i>Date</i>	<i>Tournament/Location</i>	<i>Contact Information</i>
October 2-3	Indiana University Open Bloomington, IN Papillion, Nebraska	Chris Lawrence 317-849-3475

December 2004

<i>Date</i>	<i>Tournament/Location</i>	<i>Contact Information</i>
December 11-12,	Midwest Seniors Closed Championship	Contact Dawn Patel at dbpatel@rnetinc.net

For updates regarding tournaments, check out the Event Calendar page on our 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. 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.

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

Payment:

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

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Deep Inside the Pond *continued*

Paisan Rangsitkitho, USA Badminton Vice-President and IBF Executive Council member, took the tour group in through a side door of the Pond. We went down several stair flights to a lower level of the hockey arena where we stopped at the Pond offices. Several staff members greeted us and presented us with Pond visors.

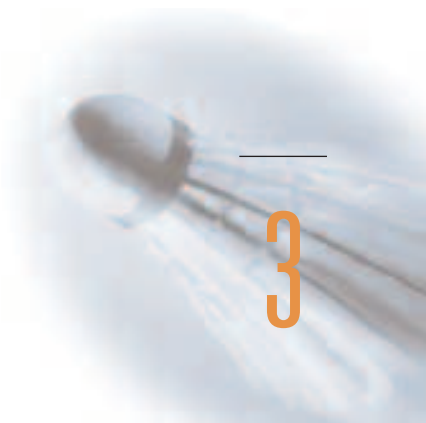
Then it was into an elevator and up several floors to a walk-out level in the arena. We were looking down over arena seating and the concrete floor usually covered with ice for the Anaheim Mighty Ducks hockey team. We traversed steps down onto the floor where five badminton courts and two practice courts will be set up for the World Championships. A huge four-sided TV hangs over the arena which recently hosted the U.S. Gymnastics Championships. The tournament desk and other desk operations will also be arranged on that level.

Into a back hall and around the floor level we were shown press rooms, locker rooms, storage rooms, and planned entrances for athletes, officials, and volunteers.

Then up in an elevator to the highest floor we went to see the Anaheim Club, an arena club and restaurant, and front entrances where ticket holders will enter.

To stand on the floor of the arena and imagine the World Championships taking place in that facility is a dream come true for many of us who are still recovering from viewing world class badminton at the Athens Olympics on our home TV's. Can it be possible that we will have another opportunity to see world class players on our home turf in the U.S. within the next year? The answer is YES!

We stopped at the "Mighty Duck" statue at the front of the arena on our exit for a photo opportunity, then it was back to the real world. But if you haven't checked out the website for the 2005 World Championships, I highly recommend taking a look at it. You may want to order tickets and enjoy the best badminton in the world right here in the United States! The website address is www.05worlds.com. Dreams do come true!



How To Be a Better Coach

By Russ Bowles, St. Louis, MO.

In badminton, as in any sport, a coach can become so fixated on winning that he/she neglects the fact that the best way to achieve success is to become a better coach. All the while, the success of your athlete/player is the clear result of being a better coach. We often think these things make us a better coach, rather than the other way around. The following is a discussion of how to become a better coach.

The coach must know the athlete (I define an athlete as one having a performance plan and measurable goals) and grasp that each athlete is unique and requires an individualized approach. The coach must treat each athlete as an individual with differing psychological and physiological needs.

We need to consider his/her age, his/her physical condition, and very importantly, his/her psychological strength. Recognizing these differences will aid the coach in identifying the most effective coaching style applicable to that athlete. Each athlete has a different type of training and coaching methods upon which he/she will achieve the most success. It is the

job of the coach to recognize these differences and to adjust the coaching style for the athlete.

Make sure there is a sound basis for your training methods, and if not, take another look at the strategy. No certain practice or method is sacred and you must evaluate and

thing you undertake must nudge the athlete nearer to that goal. Too often in coaching, you may implement methods of training that may not be suited to your athletes' unique training needs. You may adhere to these practices because:

- (a) It's always been done this way;
- (b) You know a key coach using a

particular technique or style, so it has to be right; (c) Right or wrong, you repeat what your former coaches have applied to yourselves.

To be a better coach, you must be flexible in your attitude and remember that there is no one single approach to everything. Being flexible means you are comfortable thinking on the fly and adapting to changing gym conditions, personnel or athlete emotions. You must be able to adapt and not be hesitant to

adjust routines or training styles whenever needed. You must utilize clever techniques to be effective and keep training interesting to the athlete. You must also be inventive to work around athlete infirmities or to deal with the unexpected that may come your way.

Hitting shuttles is only a fraction of a training strategy. Too often



question everything. You must determine if the practices and styles of other coaches are functional for your own unique situation. If a practice, technique or strategy constantly fails to achieve your wanted results, then maybe it is not such a great idea.

The focus of everything you do is the performance goal and every-

bird.chat.net



Drop: “OK, what’s happening this month?”

Smash: “Let’s discuss USAB membership.”

Drop: “OK, what new with that?”

Smash: “Nothing new—just info for players who may not be USA Badminton members.”

Drop: “So?”

Smash: “Do you know how to join the USAB?”

Drop: “No, how can I do that?”

Smash: “You can go online at www.usabadminton.org and click on Membership to get info and apply.”

Drop: “Or?”

Smash: “Or you can join at a USAB sanctioned tournament where you must join before you can play in the tournament.”

Drop: “And the cost?”

Smash: “\$30 for a regular membership, \$25 for a tournament only member, \$20 for a junior member (21 and under), and \$65 for a family membership.”

Drop: “Benefits of membership?”

Smash: “Playing in sanctioned tournaments, voting in USAB Board of Directors’ elections, participation in sanctioned player camps/clinics and coaching camps/clinics.”

Drop: “And?”

Smash: “And by joining the USAB, you are supporting the national governing body in the U.S. trying to foster the growth of the sport.”

Drop: “So it’s a great way to support badminton in the U.S.?”

Smash: “It’s the best way to show your support, with the NBC Olympics badminton broadcasts behind us and the 2005 World Championships coming to the U.S. next year.”

Drop: “I’m signing up today!”

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 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 _____

Phone _____

Birthday _____ Home Club _____

Email _____

I want to (check one):

Join the MBA as an individual member (\$15 for year membership July -June)

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

Be a patron for the year (\$30,\$50,\$100...or more! It’s tax deductible!)

Make a tax deductible donation to _____ (ex.Jr. Development)

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 63129

A Better Coach *continued*

badminton coaches are hesitant to study the scientific principles of sport performance. To achieve performance on court, the coach must grasp the basis of an annual plan, sport psychology, muscle physiology, and ideally the concept of training periodization. Only when you know the probable outcome of a given training method, can you then plan a training prescription to maximize the performance of your athletes.

Does distance running help or hinder the explosive nature of badminton?

- Must the training scheme be mostly aerobic or anaerobic?
- Will cutting carbs give the athlete more or less energy?
- When should the training focus on volume or intensity?

The capability to recognize the flow of energy within the biological system is essential to train the energy system of our sport. The athlete's response to the energy demands of badminton depends on the training techniques implemented by the coach. While there is no singular energy system that is the sole supply of energy at any one time, there is a unique metabolic system to train for badminton. Once identified, and implementing the appropriate work/rest ratios of training, you dramatically enhance athlete performance.

The issues of health and safety are paramount in the training program. Athletes have injuries often requiring the application of basic first aid. The American Red Cross offers ongoing training classes in first aid, CPR and the use of "AED's" or Automated External

Defibrillators. Does the coach care enough to secure certification in basic first aid, CPR and AED?

To become a better coach, the coach must first seek to become qualified, that is certified via an established national coaching program; have worked alongside key coaches; and completed certification in first aid, CPR and AED. The better coach strives to empower the athlete through the application of effective scientific training techniques and coaching knowledge.

Top players or former top players do not necessarily make better coaches. The determining factor for becoming a better coach is—how well the coach can empower the individual athlete.

How to Better Your Badminton Game While Having Fun in the Process

by Rob Brown, Washington State Badminton Association Newsletter Newsletter, Spring 1996

Do you like to play badminton? Do you love the thrill of an exciting match? Do you want to improve your game? But does the thought of doing hours of boring drills sap any enthusiasm right out of you?

Believe it or not, there is a way to have all the fun of competition and improve your game. It's called half-court singles.

Half-court singles is a game whereby the players use only one half of the

standard singles court from the center line to the inside alley line, and all the way to the back singles line. Games use standard scoring to 15 with setting allowed. The object is to win the rallies, score the most points, and win the game.

The consequences, however, are:

- better footwork;
- improved consistency and more accurate shot placements;

- increased stamina;
- killer drops and net play;
- stronger smashes;
- wall-of-China defense.

Sound too good to be true? Here's how it works: Normally, in a standard game of full-court singles, many players rely on cross-court shots to gain time or to get themselves out of trouble. Additionally, many players who are proud of their singles game

How to Better Your Badminton Game *continued*

have a repertoire of unorthodox shots that help them get the bird back but do nothing to improve their game (e.g. skidding faceplants into the gym floor while stealthily dinking the bird back just barely over the net, or clever deceptions such as feigning a pulled muscle or a detached arm, accompanied by a blood curdling grunt, and then sneakily dinking the bird back just barely over the net, etc.).

These crafty tactics are often just plain desperation maneuvers employed by players who instead of mastering the basics have relied heavily upon years of in-bred bad habits to skank themselves out of one bad situation and into the next rally.

Better Footwork

In half-court singles, the shots are quicker because the luxury of the cross court has been eliminated. Likewise, the need for backhand shots is greatly diminished. With only half the court to cover, one focuses on taking everything with the forehand. This means that your footwork has to be functional. By virtue of wanting to win the rallies, you are forced to abandon many of the old bad habits and instead concentrate on basic shots and footwork.

Improved Consistency and More Accurate Shot Placements

Half-court singles promotes consistency and accuracy. Because you have fewer options about where to hit the bird, and because the court is relatively narrow, you are forced to hit more accurate shots in order to win the rallies. Many full-court singles players aren't that accurate in their shot placement. They know that if they hit the shuttle in the

general direction of where they want it to go, it has a decent chance of staying in the court. In half-court, again, one is not afforded this luxury. You have to abandon shots that don't work or go out, and replace them with shots that stay in. This narrowing of your focus further hones your accuracy, producing much more consistent play.

Increased Stamina

So now you're hitting more accurate and consistent shots, and your footwork is better. A strange thing is about to happen your stamina is going to increase. Rallies in half-court singles tend to be longer. Both players usually hit the so-called "high percentage" shots, i.e. shots that are more likely to stay in and keep the rally going. This translates into longer rallies, particularly of the up-and-back variety. Lots of clears followed by drop shots, net play, and then more clears mean that in order to win the rallies, you'll have to hang in there. Because it's fun and competitive, you're less likely to become bored or tired. Instead, your focus improves your stamina.

Killer Drops and Net Play

With less ground to cover, your opponent will always be a fraction of a second closer to any drops you hit. It follows then that in order to win the rallies, you're going to have to hit tighter net shots. Anything less will give your opponent the advantage. You will naturally begin hitting drops that are quicker, rather than of the "floater" strain. And when at the net, fearful that your opponent will pounce like a rabid tiger on the typical lethargic, plump, and juicy sky-high net shots that've

become your full-court singles game's calling card, you'll again be forced into hitting more razor-sharp and accurate net shots.

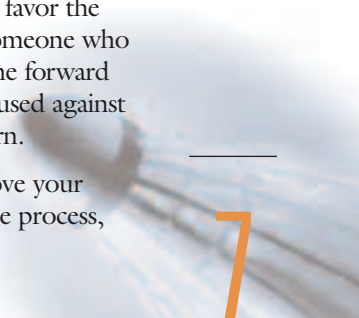
Stronger Smashes

One consequence of better footwork, improved accuracy, and increased stamina is that when you do smash, these factors help you maximize the effectiveness of your shots. That is, by getting your feet and body into the correct position, and by hitting a clean, crisp stroke that you know will be more accurate, your smashes tend to become stronger and more effective. Also, in order to conserve energy, smashes are used sparingly, and usually only when the opportunity arises (a weak clear by your opponent, or you see they are slightly out of position, etc.).

Wall-of-China Defense

Accountable for a smaller area of court, you are better able to anticipate and return your opponent's smashes. Since all smashes by definition of half-court singles are straight ahead, you will be able to concentrate on pure defense rather than running to retrieve them. And, if you're going to win the rallies, you'll soon find yourself getting those smashes back. Your options are limited: either clear the shuttle deeply, drop it, or drive it back straight at the smasher. I favor the last approach, because someone who has just smashed has some forward momentum that can be used against him to elicit a weak return.

So, if you want to improve your game and have fun in the process, play half-court singles.



2004 Indiana University Badminton Open Sanctioned by USA Badminton

November 20-21, 2004

Student Recreational Sports Center (SRSC) • 1601 Law Lane, Bloomington, IN 47405

Tournament

Directors: Chris Lawrence, Feng-Ru Sheu, Qin Zhu

Events: Mens Singles, Ladies Singles, Mens Doubles, Ladies Doubles, Mixed Doubles,
Senior Mens Doubles (40+), Senior Mixed Doubles (40+)

Deadline: Tuesday, November 9th

Eligibility: All participants must be members of USA Badminton and present their current membership card upon registration. Non-members and anyone who does not have their card will be required to pay a \$25 USA Badminton participation fee. Membership may be purchased at the registration desk. In the event that the tournament is over-subscribed, consideration will be given to those entries received first and to existing USA Badminton members.

Entry Fee: \$15 per person, per event; \$10 per event for full-time students with valid student ID make check payable to: Feng-Ru Sheu—President, IU Badminton Club
Mail to: Chris Lawrence, 8950 Bradwell Place Apt. 104, Fishers, IN 46038

Schedule

Sat. Nov. 20

8:30 am Registration

9:00 am Mens Singles

11:00 am Ladies Singles

3:00 pm Mixed Doubles and Senior Mixed Doubles

Sun. Nov. 21

8:30 am Registration

9:00 am Mens Doubles and Senior Mens Doubles

9:30 am Ladies Doubles

6:00 pm End of tournament

Conditions

1. Airshuttle Gold feather shuttlecocks will be provided and used throughout.
2. Consolation draws will be held for each event
3. Prizes will be awarded to finalists of all Open events
4. A player not ready to play ten minutes after his/her match is called will be defaulted.
5. Acceptable badminton clothing must be worn during play. Doubles partners are encouraged to wear matching colors.
6. Both players in a doubles partnership must submit separate entry forms
7. Senior events are open to those players who were 40 years of age or older on 1/1/04.
8. Players may not compete with both the Mens Doubles and Senior Mens Doubles events, nor in both the Mixed Doubles and Senior Mixed Doubles events.
9. Checks must be enclosed with entries and received by Tuesday, November 9th. No telephone, fax, or email entries will be accepted. No entry and check by Tuesday, November 9th = no play!
10. Entries will not be refunded if canceled less than 48 hours before play commences.
11. The tournament committee reserves the right to change any of the above conditions.

Hotels

Days Inn - 200 Matlock Rd., Bloomington, IN 47401 812-336-0905

Bloomington Travelodge - 2615 E. Third St., Bloomington, IN 47401 812-339-6191

Directions

Bloomington is approximately 43 miles South of Indianapolis. From I-465, drive South on State Rd 37. Continue on 37 South of Martinsville until the outskirts of Bloomington. Take the exit for State Rd. 45 North and State Rd 46 East. and proceed on the railroad bridge. At the second stoplight, turn right on Sunrise into the parking lot and park in any space labeled "D". Walk across the railroad tracks to the Student Recreational Sports Center (SRSC) building immediately facing you. For more information and updates, see <http://www.iub.edu/~badminton/events/2004iuopen/news.html>

Contact

Chris Lawrence 317-849-3475; after 11/19, 317-345-5248

2004 Indiana University Badminton Open - Entry Form

Name: _____ USAB#: _____

Address: _____

City, State, Zip: _____

Phone(s) _____ Date of Birth: _____ Email: _____

Please enter me in the events below (check box on left)

Mens Singles

Womens Singles

Mens Doubles OR

Senior Mens Doubles

Partner _____

Ladies Doubles

Partner _____

Mixed Doubles OR

Senior Mixed Doubles

Partner _____

Release and Covenant not to Sue: By signing this entry application, I agree to waive any and all claims which may arise from my participation in the Indiana University Badminton Open. In consideration of my being permitted to participate in the competition, I, the person named below, release and discharge USA Badminton, Indiana University Badminton Open, Indiana University, Indiana University Badminton Club, their employees, agent, officers, members, heirs, assigns, executors, and administrators and any and all participants in this event harmless for any bodily injury to myself or other, or for damage to, or loss of, my property incurred during the course of the IU Badminton Open.

I have read this agreement, understand its purpose and agree to its terms.

Signed: _____ Date: _____

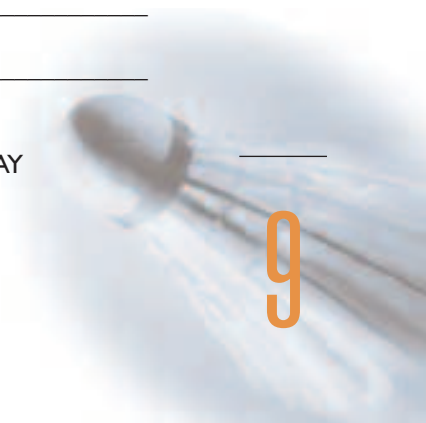
Signed: _____ Date: _____

(parent/guardian if participant is a minor)

CHECK MUST BE INCLUDED. NO ENTRY + NO CHECK BY NOV 9TH = NO PLAY

make check payable to: Feng-Ru Sheu - President, IU Badminton Club

mail to: Chris Lawrence, 8950 Bradwell Place Apt. 104, Fishers, IN 46038



The 2003 Kalamazoo Valley Community College Open

October 30-31, 2004

- Sanction** Sanctioned by USAB. You must be a USAB or Canadian member to play. You must show your membership card when registering or purchase on site.
- Sponsor** The KVCC Mens Tennis Team
- Location** Kalamazoo Valley Community College, 6767 West "O" Ave., Kalamazoo, MI. 8 courts are available. Lockers and showers on site. Bring your own lock and towel.
- Events** Singles, Doubles, Mixed Doubles in Open and Age Specific Groups: 35+, 40+, 50+, 60+, 70+. You may enter an event in Open and ONE Age Specific Group. (Ex. you may not enter both 40+ and 50+ singles, but you may enter Open Singles and 40+ singles.)
- Format** ABCD Drop Flight for all events with a minimum of 8 entries. Pool Play or Round Robin for events with fewer entries. Singles draws are limited to 32 players.
- Entry Fee** \$13.00 U.S. per event per person. Only U.S. currency accepted on site. Entry fee must accompany entry form*. No entry accepted after October 28 except to replace a withdrawal.
*Canadians only, may pay when they register at the gym without additional charge.

Make Checks Payable to: KVCC Tennis Club, SCTENS
Mail to: Darrell Davies
1105 Dwillard Dr.
Kalamazoo, MI 49048

Entry Deadline Postmarked by **October 22, 2004**

Shuttles Tournament grade shuttles will be sold at the desk for \$1.50 each

Schedule 15 minute default rule will be enforced

Saturday 10/30

8:30 am - All Open Singles *thru the finals*

9:30 am - All Age Specific Singles *thru the finals*

2:30 pm - All Open Doubles *thru the finals*

3:30 pm - All Age Specific Doubles *thru the finals no matches called after 9 pm; times are approximate; we will do our best. 5 minute on court warm up rule will be enforced.*

Sunday 10/31

9:00 am - All Open Mixed Doubles *thru the finals*

10:30 am - All Age Specific Mixed Doubles *thru the finals*

More Info Contact Darrell Davies 269-488-4355 or Harry Orr 269-372-1110

Waiver **Waivers will be signed at registration.**

2004 KVCC Open Entry Form

Signature _____ Date _____ Amt Enclosed _____
(of parent/guardian if under 18)

Name _____ Sex M/F (circle one) Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Membership: USAB # _____

Please enter the events you wish to play (\$13 each), maximum of 6. You may enter an open event and an age-specific event, but not two ages groups of an event. For example, you may enter Open Doubles and 35+ Doubles, but not 35+ Doubles and 40+ Doubles.

OPEN

Singles Open _____

Doubles Open _____ Partner _____

Mixed Doubles Open _____ Partner _____

(enter the age group you desire to play in - ex. 35+, 40+, etc. next to Age Specific _____)

AGE SPECIFIC

Age Specific - Enter Age _____

Age Specific _____ Partner _____

Age Specific _____ Partner _____

Please rate your ability: __A __B __C __D

Please return with fees (except Canadians) postmarked by October 22, 2004

Darrell Davies
1105 Dwillard Dr.
Kalamazoo, MI 49048

2004 KVCC Open—Hotels

KVCC is located 3/4 mile south of I-94 at exit 72. (Just West of US 131). Take exit 72 from I-94, turn south and follow to KVCC and Badminton signs. Gym is at the west end.

Closest Motels

1. Red Roof Inn West
269-375-7400 or 800-843-7663

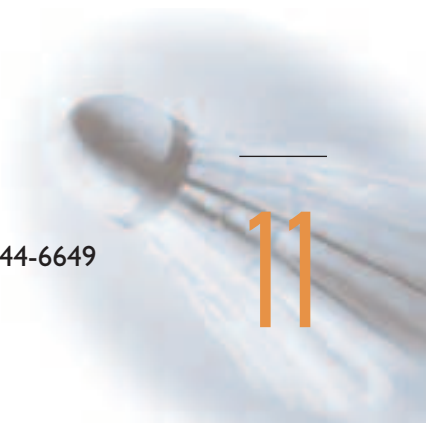
2. Baymont Inn
269-372-7999 or 800-428-3438

3. Fairfield Inn I-94 at 9th St.
269-353-6400 or 800-228-2800

4. Hampton Inn - one stop light North off Exit 72
269-372-1010

There are many motels at I-94 exit 80 (Sprinkle Rd.) including a Motel 6 (lower rates) 269-344-6649

Detailed campus (Texas Township campus & gym) map: <http://www.kvcc.edu>



Thanks to our MBA Patrons

Have I forgotten you?
Let me know!

THE ALWINE FAMILY
ANN ARBOR BADMINTON CLUB
THE ARTMAN FAMILY
ELLY BARUA BHUYAN
RUSS AND MARY ANN BOWLES
TOM CARMICHAEL
FRED COLEMAN
TERRY AND LINDA DOWNEY
STAN & DIANE HALES
LEE HOLMES
CHRIS LAWRENCE
JOHN LIZZA
MCKINLEY PARK BADMINTON CLUB
BILL MCOWEN
ALAN MILLS
MISSOURI BADMINTON CLUB
TED MOEHLMANN
FRANK PANICE
PARK RIDGE BADMINTON CLUB
DAWN AND BHARAT PATEL
VIRGINIA SMITH
HANLIN WAN
DICK WITTE

Send Us Your Thoughts!

In addition to publishing all the badminton news submitted, we'd be interested in hearing your thoughts about various badminton matters as well. We'd love to have news about our club, your experiences, etc., but your opinion counts, too! Send us your badminton op-ed piece! Make your claim on one viewpoint over another! Pipe up about badminton! And send them on in to tod@midwestbadminton.com.



Hey folks! Seen any badminton stuff out there in the world? One of our very own board members has a custom license plate giving our game a little highway visibility. How about you? Got something? Wearing badminton clothes in very public places? Something else? Snap a picture and send 'em in! I'll be collecting them and adding them here! Send 'em in to me: tod@midwestbadminton.com.

THE *flick*

THE NEWSLETTER OF THE MIDWEST BADMINTON ASSOCIATION
314B PHILLIPS STREET
YELLOW SPRINGS, OHIO 45387
WWW.MIDWESTBADMINTON.COM

FIRST CLASS MAIL
Address Correction Requested

