

# The Shuttle Feed

November 2018 No. 30



## Upcoming Events

**20<sup>th</sup> – 25<sup>th</sup> of November** –  
Australian Para-Badminton  
International, Geelong

**25<sup>th</sup> of November** – Under  
13 Nominations Close

**25<sup>th</sup> – 27<sup>th</sup> of November** –  
VICTOR Oceania Para-  
Badminton Championships,  
Geelong

**16<sup>th</sup> of December** –  
Badminton Centre Closes

## Message from the President

Welcome to Southern Tasmanian Badminton Association's Newsletter.

### Shuttles

As we are all aware, we have changed over to GOSEN GF1000 shuttles. Unfortunately, the transition hasn't been as smooth as we would have hoped. We have, with the assistance of Matt Gillie, been in constant contact with GOSEN's agent to resolve the issue. We have received a new batch of shuttles that are much better than the first batch. However, durability was still an issue. We have commenced a program of steaming shuttles, and this appears to be working. I wish to inform members that we are doing everything possible to provide a reliable, durable shuttle at the best price possible.

Players can assist in making the shuttles last longer in the way the shuttles are treated. Pick up the shuttle, using your hand or racquet, carefully. Don't hit the shuttle back to your opponent on the ground, especially hitting the feathers. At the end of each rally smooth out the feathers, ensuring that the feathers aren't altered in any way. With everyone's assistance and patience, I'm confident that we will get the result we all expected.

I would also like to apologise to Daniel Downham who I omitted from the STBA committee, he is continuing to provide valuable support, especially with Division 1.

Yours in badminton.

Robert Brockman, President



### Para-Badminton

The Australia Para-Badminton International and VICTOR Oceania Para-Badminton Championships are being held in Geelong, Victoria, from the 20<sup>th</sup> to the 27<sup>th</sup> of November 2018. The Australia Para-Badminton International is an open tournament with 100 entries expected from around the world. Competing athletes are classified into classes based on their physical impairments.

Para-badminton will be a Paralympic sport for the first time in Tokyo 2020! For more information please visit:

<http://www.sports.org.au/events-feed/2018/11/21/australian-para-badminton-international-oceania-para-badminton-championships>.

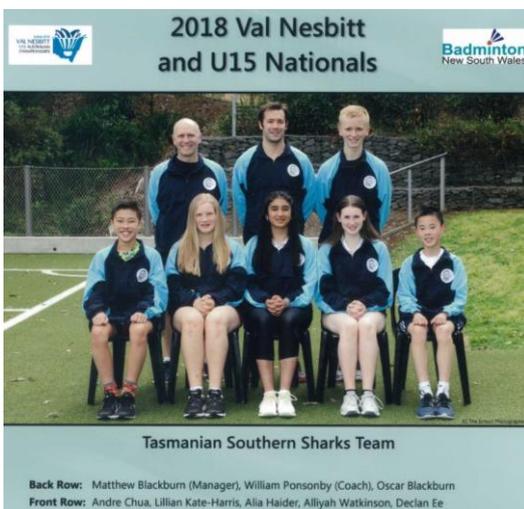


### Under 13 Nominations

The Tasmanian Under 13 Badminton Team will compete in the 2019 Australian Under 13 Championships hosted by the Western Suburbs Badminton Association on behalf of Badminton Victoria. This tournament will be held on the 18<sup>th</sup> and 19<sup>th</sup> of January 2019 at the Altona Badminton Centre in Victoria. The event invites the top under 13 players from around Australia to compete. To be eligible, a player must be under 13 years old on the 31<sup>st</sup> of December 2018. Nominations close on the 25<sup>th</sup> of November 2018. For more information and to nominate please visit the STBA website or follow the link: <http://southerntasbadminton.com.au/JuniorBadminton/Under13/#NominateOfficial>. If selected, players are asked to join the Junior Training Squad.

Nominations for coach, manager and umpire are also being sought. If you are interested in any of these roles nomination is also available through the above link.

The Under 15 Tasmanian Southern Sharks, who competed in New South Wales in September and October, are pictured below.



MANAGER: Matt Blackburn

COACH: Will Ponsonby

PLAYERS: Oscar Blackburn, Alia Haider, Declan Ee, Alliyah Watkinson, Andre Chua, Lillian Harris

Congratulations to Declan Ee (pictured right with coach Will Ponsonby) who was awarded Best and Fairest!





Dear all,

It is an honour to present to you the recipient of the Zhang Badminton Scholarship 2018 Round 2, Rebekah Thomas. The Scholarship has granted \$600 to support Rebekah to attend the High Performance Junior Training Camp in Victoria in January 2019. The Scholarship is also providing an additional \$200 funding for upgrading her gear upon completing the training camp.

Zhang Badminton Scholarship aims to support STBA junior players to advance their skills and to pursue their dreams. I sincerely welcome more players to apply for the funding. I look forward to your applications for 2019 Round 1 that opens on the 1<sup>st</sup> February 2019.

Below is Rebekah's badminton story. I hope you will enjoy reading this inspiring piece like I did.

Vicky Zhang

I have been playing for nearly 11 years now and I have loved every minute of it. I have represented the state 5 times. The wins and losses have only motivated me more to get better and become the best badminton player I can be. This sport has helped me thrive with my fitness but has also helped me be more social. I have made many friends because of this sport and I can't thank my coaches and everyone who has supported me throughout my journey enough.

When I started badminton, it changed my life for the better. Badminton started out as just a leisurely activity. I started training and I started a weekly roster with amazing individuals on a team and then I couldn't stop, this sport became like an itch I couldn't get rid of. Badminton became a getaway for me, I would walk into the centre and onto the court and all my problems and the torment from peers would disappear because I felt at home. When I played and trained all my focus would just be on the shuttle in the air and all I would think would be that I can't let it hit the ground. My fitness has changed dramatically because of this sport and that has only motivated me more as well.

I live by a quote that says, "the comeback is always stronger than the setback". My setback was always the fact that my fitness level was low and that I was never going to be good enough in the eyes of society but I learnt to ignore all that. When my fitness continued to increase I felt like I could do anything, and as cliché as that sounds, it's true. The things that were setting me back I realised didn't matter because I knew that when I got on that court all that mattered was how I played and if I played to the best to my ability no matter whether I won or lost.

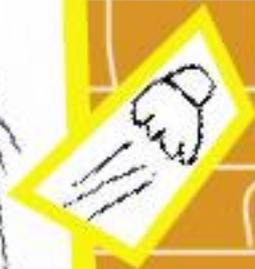
My current setback has been that I dislocated my patella. The road to recovery has been a physically and mentally challenging process because I couldn't use badminton as my getaway anymore. There are always going to be setbacks in life but a setback is just a setup for a comeback.

To get these funds for this training camp is an amazing opportunity for me to excel in my badminton and to one day live my dream and represent the country that I love.

This training camp experience is only something I could have dreamed of, but now that it is at my fingertips I am so thrilled to have the chance to live this experience. --- Rebekah Thomas



# BADMINTON



## KIDS & family FUN time!

### SATURDAY FUN FOR THE WHOLE FAMILY!

'COME & PLAY' IN TERM 4  
**12 pm - 2 pm**

- \* Two hours of playing fun for the whole family!
- \* Only \$5 per child or \$10 family
- \* Racquets & Shuttles available to borrow
- \* Fun 'Shuttle Time' activity & games session held where possible. (\*Numbers & court availability dependent)
- \* Coaches in attendance to help you out
- \* Suitable for children up to 16yrs

**COME PLAY - LAUGH -  
ENJOY - MOVE -  
TOGETHER!**

**TERM 4 TIMETABLE  
SATURDAY AFTERNOONS**

20 OCTOBER  
27 OCTOBER  
3 NOVEMBER  
10 NOVEMBER  
17 NOVEMBER  
24 NOVEMBER  
1 DECEMBER  
8 DECEMBER  
15 DECEMBER

.... THEN 'BADMINTON KIDS & FAMILY' SUMMER SCHOOL  
HOLIDAY DATES  
TO BE RELEASED \*



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or W: [southerntasbadminton.com.au](http://southerntasbadminton.com.au) OR LIKE US ON FACEBOOK for regular updates

Southern Tasmanian Badminton Centre  
101 Cascade Road, South Hobart



SOUTHERN TASMANIAN  
BADMINTON

DID YOU KNOW WE ALSO HAVE A JUNIOR/KIDS ROSTER HERE ON SATURDAYS - ENQUIRE HERE!



# ALICE SPRINGS Masters Games

13 - 20 October 2018  
*The Friendly Games*



The 2018 Masters Games are being held in Alice Springs. This year will see six days of badminton competition hosted by the Alice Springs Badminton Club from the 13<sup>th</sup> to the 19<sup>th</sup> of October. This includes a teams event followed by an individual event. Age categories include 30+, 35+, 40+, 45+, 50+, 55+ and 60+, and grades include Open, A, B and C. A number of Tasmanian players competed in both the Teams and Individual Events. Congratulations to all those players on their success! For the full results please visit:

<https://www.alicespringmastersgames.com.au/results/2018/>.



**WANTED**

Ladies wishing to play competition badminton during the day.

We play on Tuesday, Wednesday and Thursday from 9:30 am - 12 noon, during school terms.

**For more information:**  
Email our secretary: [secretaryhlba@gmail.com](mailto:secretaryhlba@gmail.com)  
Join our Facebook page: Hobart Ladies Badminton Association  
Turn up on the day

ALL LEVELS OF ABILITY CATERED FOR

101 Cascade Road, South Hobart

**Hobart Ladies Badminton Association**

**Contact the STBA**

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