



# The Shuttle Feed

July 2016 No. 6

## Message from The President

Welcome to Southern Tasmanian Badminton Association's Newsletter!

As players are aware we are asking for feedback on the structure of our rosters, whether we have 3 or 4 rosters, or even an entirely new format. The decision to go to 4 rosters was primarily to give our local players selected in the State Senior team the opportunity to continue to play, leading up to the National Championships when they moved from August to late February. Although this is still a consideration, we shouldn't let it limit our thinking. We will look at all suggestions, take them into consideration, to ensure that we benefit all members.

So members please put on your thinking caps, and let us know your thoughts and ideas.

Yours in badminton

Robert Brockman, President

## CONTACT



101 Cascade Road, South Hobart



[editor@southerntasbadminton.com.au](mailto:editor@southerntasbadminton.com.au)



[www.southerntasbadminton.com.au](http://www.southerntasbadminton.com.au)



[fb.me/southerntasbadminton](https://fb.me/southerntasbadminton)



## Autumn Grand Final Night

What a fun night! It is the first time we had our grand final night supper and presentation down on the court. We also had some young spectators joining us on the night. Love the smiles!

## **ROSTER ROUNDUP** as at 17<sup>th</sup> July 2016 – Monday to Thursday, 7:30pm onwards

**Division 1 (Wed):** If you were to visit the STBA website you would notice the remarkable double draw that occurred in week 2 of div 1. On closer inspection though, the power went out at 9pm and everyone was forced home early! Aside from this anomaly, the **Schwarzenegger** movie themed teams have had an eventful first few weeks. Unsurprisingly, The **Terminators** are sitting top of the table, closely followed by **Pumping Iron**, **The Predators**, the yet to be named Team 5, and **The Commandos**. I'll be back next month for a follow up summary!

**Division 2 (Thurs):** The battle of the noble gases has begun with **Helium** and **Krypton** sharing first place– each on 8 points. Following closely are **Neon** and **Radon** on 5 points and then sinking to the bottom is **Argon** and **Xenon** on 2 points but it's early days yet! Which team will rise to the top!

**Division 3 (Mon):** In anticipation of the upcoming 8<sup>th</sup> **Harry Potter** book, the first 7 of the series are having a battle in div 3 this roster. **Deathly Hallows** is currently leading the charge, with **Goblets of Fire**, **Order of the Phoenix** and **Half-Blood Princes** sharing the 2<sup>nd</sup> place.

**Division 4 (Tues):** The spirit themed team names have certainly brought more heat to this winder. **Tequila**, **Vodka** and **Whiskey** are all running in the front at the moment. Which team will have the highest spirit in the end? Time will tell.

By popular demand the STBA committee has decided to run a Super Social Supper night for each of the divisions this roster! Nibbles will be provided (and of course the bar will be open) from around 9:45. So make sure you get those games on early, win (or lose!) in straight sets, and race up to the social hall so you don't miss out!

Div 1: 3rd August and 7th September    Div 2: 4th August and 8th September

Div 3: 25th July and 22nd September    Div 4: 26th July and 23rd September

### **Grip?!**

Does your racquet not feel as good as it used to? All you may need is a new grip. Once the grip on your racquet gets worn out the racquet can twist in your hand as you hit reducing the accuracy of your shots. As grips wear they become more slippery forcing players to hold their racquets tighter often resulting in sorer arms after play and on the next day. OffCourt stock a wide range of grips in many colours and thicknesses, with prices ranging from \$2 for thinner over grips and \$5-\$20 for thicker replacement grips. If you are in need of a new grip we will happily replace your grip for you in store.



Please feel free to ask us in store or email [offcourt101@gmail.com](mailto:offcourt101@gmail.com) for any badminton inquires. With 40 years combined badminton experience, Will and Rowan will be happy to assist in any way they can!

## LETS

### From the Umpire Chair

'Let' shall be called by the umpire, or by a player (if there is no umpire), to halt play.

It shall be a 'let', if:

- a. the server serves before the receiver is ready (Law 9.4);
- b. during service, the receiver and the server are both faulted;
- c. after the service is returned, the shuttle is:
- d. caught on the net and remains suspended on its top, or
- e. after passing over the net is caught in the net;
- f. during play, the shuttle disintegrates and the base completely separates from the rest of the shuttle;
- g. in the opinion of the umpire, play is disrupted or a player of the opposing side is distracted by a coach;
- h. a line judge is unsighted and the umpire is unable to make a decision; or
- i. any unforeseen or accidental situation has occurred.

When a 'let' occurs, play since the last service shall not count and the player who served last shall serve

again.

## Badminton & Olympics

- At the Atlanta 1996 Games, Danish player Poul-Erik Hoyer Larsen was celebrated as the 1<sup>st</sup> and only non-Asian player ever to win a badminton gold medal.
- More than 1.1 billion people watched the first Olympic badminton tournament on TV in 1992.
- China has won over half of all the Olympic Badminton medals that have been contested, with only 9 other nations having reached the final.
- Brazil has never qualified for Olympic badminton, but as host country it will compete for the 1<sup>st</sup> time at the Rio 2016 Games.



Australia has selected 5 of her best players to take the court at Rio.

From left to right, Leanne Choo, Sawan Serasinghe, Matthew Chau, Robin Middleton and Hsuan Chen. Full bio of each player can be found at

<http://rio2016.olympics.com.au/team?sport=Badminton>

Photo source [www. http://rio2016.olympics.com.au/](http://rio2016.olympics.com.au/)



# Something about Thai Food

Thai cuisine is one of the most renowned in the world. It is well known for the diversity of ingredients, outstanding spiciness and ample medicinal properties. Most Thai food is cooked and refined with more than two types of herbs or spices which are beneficial to health.



The (mostly unconscious) principle Thai food is the balance of five flavours which are spicy, salty, sweet, sour and bitter. Thai food is eaten either as a single dish or with rice. Steamed rice is the staple food although sticky rice is more popular in the north and northeast of Thailand.

The following list is a top 10 rank of Thai food that you must not miss.

1. Tom Yam Goong (Spicy Shrimp Soup)
2. Pad Thai (Fried Noodle)
3. Kang Keaw Wan Kai (Green Chicken Curry)
4. Tom Kha Kai (Chicken in Coconut Milk Soup)
5. Tom Yam Kai (Spicy Chicken Soup)
6. Moo Sa-Te (Grilled Pork Sticks with Turmeric)
7. Som Tam (Spicy Papaya Salad)
8. Panaeng (Meat in Spicy Coconut Cream)
9. Por Pia Tord (Fried Spring Roll)
10. Kai Pad Med Mamuang Himmaphan (Stir-Fried Chicken with Cashew Nuts)

**Golden Lotus Thai and Asian Cuisine** is proud to become a **STBA sponsor**. We provide **10% discount** for STBA members for any dine-in order.

**Address: 252 Macquarie St Hobart TAS 7000 Tel: 03 6225 6765 Like us on Facebook**

## Upcoming Events in July

- Tasmanian Open Championship (Launceston) – 13<sup>th</sup> – 14<sup>th</sup> August
- Gosen Australian Malaysian National Badminton Championships – 27<sup>th</sup> – 28<sup>th</sup> August
- College & high school roster – Every Wednesday and Friday, 4pm onwards
- Junior roster – Every Saturday 1:30 – 4:30pm
- Come and Try sessions - Tuesdays (7:30pm), Fridays (6:30pm), Sundays (7pm)
- Many regular training sessions throughout the week

See website or contact the STBA secretary on 0488 788 426 for more details

