

# Badminton

## USBA Northwest Region

April 1993

*Bird*  
**NOTES** 

## School Demos Pay Off

Steve Ellis

Seattle, WA -- KIRO-TV, the CBS affiliate in Seattle, featured badminton for three minutes during its 5:00-6:00 p.m. news segment, on Tuesday, February 2. Ron Callan, sports reporter for KIRO, decided he wanted to do a piece on badminton and contacted Al Allott, former Washington State Badminton Association president, on Monday, February 1. As it turned out, Al and several other WSBA members were scheduled to demonstrate the sport Tuesday at three PE classes at Highline High School in Burien, south of Seattle. Ron and his cameraman attended the first class and spent 1 1/2 hours interviewing WSBA members and interested students.

Other school demonstrations this season include Blanchet High School, Holy Names Academy, Enumclaw Junior High School, Pacific Middle School (Des Moines) and Nathan Hale High School. Jim Long, formerly of Manhanntan Beach, has given the demonstrations an enthusiastic boost. Jim, an experienced juniors' coach, has been working with younger players at the Highline Badminton Club as well as coordinating the demonstrations.

In an effort to reach out to educators, WSBA members once again manned an information booth at the annual

physical education conference in October as well as another conference in January.

Also, the WSBA's first annual high school tournament was held March 20 at Highline High School. Approximately 40 kids entered the tournament, more than twice what we anticipated. The largest group (14) came from Newport High School in Bellevue, where PE teacher and girls' badminton coach, Bonnie Worthington, is an ardent supporter.

Lee Evans, a sophomore at Newport, beat Gunnar Lohr, a German foreign exchange student from Cologne who attends Sammamish High School in boys' singles. In Girls' Singles, Rachel Haag, a senior at Newport, upset Kristi Nottingham, a senior at Interlake. Both matches went three games.

In Boys' Doubles, Huy Ngo, a sophomore and Joe Perrault, a senior, from Bothell, outlasted Gary Yu and Mark Penso, seniors from Sammamish. In Girls' Doubles, Nottingham and Sara Flowers of Interlake beat Haag and Ann Baird of Newport.

The WSBA hopes to expand the tournament next year to include middle and junior high school students.

## 1993 U.S. Junior/Adult Nationals

### *Junior Championships*

Our region did well in the Nationals held in April at the Olympic training center in Colorado Springs. Three juniors from Oregon, two from Washington and 14 from Colorado entered in the Juniors' division. In the Adults' there were two entrants from Oregon and two from Washington. I apologize, in advance, if I left someone's name out as I recount the results. The final draw with the results has not been sent to me from the USBA office yet. Brent Cutcliffe will be writing an article about the Colorado participants.

Cosmin Ioan (OR) and Lindsay Gulin (WA) competed in the Under 19 Boy's Singles. Cosmin met the #4 seed in the second round and after a tough match, fell into consolation. Lindsay made it to the quarterfinals, where he

*(cont'd Page 2)*

### Editor's Note:

Your articles, pictures, cartoons, and comments are welcomed. Send them to your USBA Regional Director, Don Boje, P. O. Box 91534, Portland, OR 97291.



## National Championships *(cont'd from Page 1)*

met the #3 seed, (who was the eventual Under 19 winner). Cosmin and Lindsay then met in the quarterfinals of the consolation bracket with Lindsay winning in a hard fought three-game match.

Lindsay teamed with Chris Hales (OH) in the Under 19 Boys Doubles as the #2 seed. They played against the #1 seeded team of Frisch/Manha in the finals with Lindsay and Chris winning in an exciting match. Cosmin Ioan met the #2 seed in Mixed Doubles and fell into consolation. He then fought out four rounds of the feed-in consolation to take 5th place.

Peter Collins (WA) had a rough time in the Under 14 Boy's Singles but came in 1st place in Mixed Doubles with Jamie Britton (CA). He also teamed with Devesh Ashra (CT) for 2nd in Boy's Doubles.

Michelle Boje (OR) had some close games resulting in 3rd place finishes in Under 12 Girls Singles and in the Under 12 Mixed Doubles with Andrew Ellmaker (OR). Michelle teamed with Casey Peters (CA) in Girls Doubles. Due to a lack of Under 12 entries, they were placed in the Under 14 draw where they had some tough matches, almost beating one of the older teams.

Andrew teamed with Jeff Marks (NY) in the Under 12 Boys Doubles. They made the semifinals before losing, eventually getting 4th place. Pretty good results for this being Michelle and Andrew's first tournament of any kind.

### *Adult Championships*

Andy Chong (IL) and Tom Reidy (AZ) had a good tournament. Andy played Tom in the Singles and Mixed Doubles finals with Andy winning both times. In Mixed, Andy played with Linda French (CA) and Tom played with Ann French (CA). Tom gained some revenge in Men's Doubles ... Tom teamed with Ben Lee (CA) to beat Andy and Kevin Han (IL) in the finals..

In Women's singles, Kathy Zimmerman (CO) upset the #1 seed, Liz Aronsohn (AZ) only to lose to Meiling Okuno (CA) in the next round. Meiling then played Andrea Andersson (AZ) in the finals and lost. In Women's Doubles, Gina Gomez (CA) and Nina Lolk (CA) beat the #1 seeded Liz Aronsohn and Jenny Chan (CA) then lost in the semi's to Nancy Acuna and Terry Lira (CA) who then lost in the finals to Tracy Britton (CA) and Andrea Andersson.

## Bits & Pieces ...

### *Rob Brown ...* newly elected Washington State Badminton Assn. President *Congratulations!*

Regarding the **Tournament of Roses dinner** - for those who wish to have a meal for special dietary needs (vegetarian), please note on the entry and make sure it gets to the committee early so special arrangements can be made. **If Children** are attending dinner, please indicate on entry ... child's plate is \$6.75.



## *Northwest 1993 Badminton Tournament Schedule*

Event	Date	Location	Contact
Washington State Open	April 30-May 2	Bellevue, WA	Rob Brown-206/775-7342 Randy Ferrell-206/778-6970
Rose Tournament	May 21-23	Portland, OR	Don Boje-503/690-6837
Portland Knockabout	June 12	Portland, OR	Don Boje-503/690-6837
Colorado State Games	June 18-20	Denver, CO	Brent Cutcliffe-303/932-8678
Oregon State Games	July 10-11	Portland, OR	Lou Cicrich-503/281-2298



## In Colorado's Corner ...

Kathy Zimmerman was inducted into Sportswomen of Colorado Hall of Fame. Zimmerman was undefeated in six years of junior singles competition and received the Ken Davidson Award in her final junior year in 1992. She joins Jill Trenary and other Olympic stars in the Hall of Fame.

Two Region IV players have been selected for the 1993 US National Team ... Kathy Zimmerman and Mike Edstrom. Both are from Denver and are currently attending Arizona State University.

Badminton debuts in the Colorado

State Games on June 18-20, 1993. Competition will be held at the Denver Athletic Club.

The Colorado (Region IV) Classic was a big success with over 60 participants. Approximately 30 were in the "A" division.

## Winter Weather Challenges Oregon

### *"Birds" Delayed in Their Flight*

January 1993, the Northwest saw the type of cold wintry weather it had not seen in quite a while. Oregon was gripped with bitter cold temperatures and snowy/icy conditions. Two of Oregon's tournaments were affected by this winter weather.

The 1993 Oregon Open was held at the MAC Club on January 21-23. We had quite a surprise during the tournament. Snow was scheduled for the mountains but not for Portland. Several players had difficulty getting to the tournament. Sheena Fischer found her road from Eastern Oregon closed for three hours on her drive over. Dave Grusy ended up digging himself out of a snowdrift before he could continue on to the tournament.

Even with the adverse weather conditions in parts of Oregon, the tournament was well attended with over 80 participants from as far as Canada and California. The tournament had its best ever prize payout with over \$1,000 in awards distributed.

In the "A" bracket, Geoff Stensland (WA) was a double winner ... taking "A" Men's Singles over Leslie Arifin (OR) and winning "A" Men's Doubles with Rob Hankins (WA) over John Rowley (WA) and Tad Ripley (WA). "A" Mixed Doubles saw a new team winning. Leslie Arifin and Joanne

Cicrich (OR) won over Rob Hankins and Marti Fagnan (WA) in a tight see-saw battle. While it only lasted two games, it felt like three. By Sunday, the weather and road conditions improved.

Bad weather created a dilemma for the Oregon Closed Tournament committee as well. The 1993 Oregon Closed was scheduled for Saturday and Sunday, March 17-18, in Eugene, Oregon. Thursday night, snow began to fall. Heavy snow was falling all morning Friday. By that afternoon, the committee had to make the decision to cancel due to adverse road and weather conditions. The tournament was rescheduled to April 17 and 18.

The turnout for the Oregon Closed was somewhat smaller than last year's - about 50 entries. This provided for a smoothly run tournament ... thanks go to Kathy Jackson, Dale Crawford and Ken McWilliams for a great tournament.

Leslie Arifin repeated as the title holder for A Men's Singles with a win over Cosmin Ioan in the finals. The A Men's Doubles got interesting in the semi-finals. The top seed, Leslie Arifin and Robby Soerjanto, had a tough three-game match with the #3/4 Tsyoshi Fujita and Robert Chan with Tsyoshi and Robert finally winning.

In the other semi, Don Boje and Cosmin Ioan stretched the #2 seed, Ken McWilliams and Budiman Suwandi, by taking a 9-1 lead in the first game before losing and then having game point three times in the second game before losing. McWilliams and Suwandi went on to take 1st place with a hard fought final over Chan and Fujita.

In the A Women's Singles final, Felicia Arifin beat Ada Boje for 1st place. Felicia and Ada then teamed up to beat Jerri Hughes and Janie Duncan in the finals of A Women's Doubles. The A Mixed Doubles final saw a lot of familiar names as Leslie Arifin and Ada Boje took on Ken McWilliams and Jerri Hughes. Ken and Jerri fought hard but could not withstand Leslie's smashes and crosscourt drives.





## Message from your USBA Regional Board of Directors' Representative

At the conclusion of the Adult National Championships, the USBA Board of Directors met to discuss how to spend our limited budget to improve badminton's status in the USA and how to improve our elite athletes as we head toward the 1996 Olympic games in Atlanta.

A program will be starting this summer to help our next generation of top players. A group of about ten U.S. juniors, ages 16 to 22, will be sent to Indonesia to train with the top Indonesians under their coaches. The plan is to then have a group of the Indonesians and their coaches come to Marquette University in Michigan. A different group of U.S. juniors will be sent to train with them for three weeks. Coaches will also be sent to this second camp for training so they can improve their skills. If you, or someone you know, is interested in this program, please let me know ASAP.

Also announced at the meeting is the September departure of our Executive Director, Mark Hodges. Due to personal reasons, he will be leaving the Colorado Springs area and will be unable to remain with the USBA. Mark has done a great job for the USBA in his short time with us. Under his administration, we have become an Olympic sport which sent six athletes to the last Olympics and have gone from an association which consistently lost money to one which made money last year. It will be difficult to find someone as capable and we are going to miss him.

I presented a proposal for regional clinics for USBA members. They would be conducted by our top coaches with assistance from some of the national team players. This is being reviewed by Len Hill, our coaching committee chairman. I hope to hear from him soon so we can begin to plan for one.

For those unaware of it, approximately 50% of the USBA budget comes from Olympic funds. Policy is forming in the Olympic power structure to cut funding for those sports not winning medals and give it to the sports which do. I can see where gymnastics, swimming and track-and-field need more money. Because of this and the Indonesian training efforts, we are beginning an immediate search for a national coach. It does us little good to send people for training abroad only to return home and not have a program here.

Remember, I represent *you* at these USBA meetings. Be sure to let me know what you'd like me to bring up at these meetings. You can reach me at (503) 690-6837.

**Don Boje**

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## Take 12 Steps to Develop Mental Toughness

These are the 12 steps developed by American sports psychologist, James Loehr that can teach mental toughness. It is implemented by Mario Barrette, racquets director at the fitness Institute in Mississauga. The steps are applicable to all racquet sports.

### 1. Eye Control

Between shots, make a habit of focusing on one object only: the shuttle, your racquet, the floor. This reduces your chances of losing concentration and being distracted by such things as onlookers, clocks or your opponent.

### 2. Rituals

Follow a precise ritual, both physically and mentally, before serves. This could include something as simple as an exaggerated pause or deep breath before serving, allowing you to compose and focus yourself.

### 3. Pacing

Establish a pace that's comfortable for you and stick with it.

### 4. Breathing

Learn to breathe in as the shuttle comes to you and breathe out at the point of contact. Loehr suggests saying "yes" when you hit the shuttle, which not only is more positive than

saying "you moron" but also helps release upper-body tension through exhalation.

### 5. High Positive Intensity

Although this sounds like something Shirley MacLaine might preach, it simply means standing tall and projecting confidence, rather than slouching and projecting an air of defeatism.

### 6. Confident Image

Look confident even if that voice in the back of your head is starting to call you nasty names again. Don't let your opponent know you have any doubts about winning.

### 7. Relaxation

Let yourself relax between points rather than trying to be the next John McEnroe for 60 minutes. One effective way to relax is to listen to your breathing between points.

### 8. Managing Mistakes

This is probably the hardest of all for those prone to self-abuse on court. If you make a bad shot, turn away, forget it, and get ready for the next shot. "Once you get angry," Barrette says, "you've lost it. A few people, like McEnroe, can make anger work, but for most, it's a disaster."

### 9. Eliminate Self-Talk

If you must talk to yourself, make it positive ("Get the racquet ready" or "Move your feet") rather than negative ("How could you have been dumb enough not to have your racquet ready?").

### 10. Enjoyment

Even if you're losing, keep reminding yourself that you're not Yang Yang trying to win a million dollars. Always project an image that you love competition and are going to try all-out for every shot. The more you enjoy it, the better you'll play.

### 11. Attitude

To be a winner, think like a winner. "Don't get down on yourself," Barrette says. "Keep your chin up and project the image of a winner."

### 12. Racquet Up

Keeping the head of your racquet up tells your opponent that you are up and ready for anything. If you look like you are down, that could give your opponent the boost in confidence he/she needs.

This article, by Chris Zelkovich, was reprinted from *Badminton Today*, published by the Ontario Badminton Association and also appeared in *USBA Badminton News*.





# 1993 Tournament of Roses

**WHERE**

Multnomah Athletic Club (MAC)  
1849 SW Salmon  
Portland, OR

**WHEN**

May 21-23, 1993

**ENTRY DEADLINE**

May 12, 1993

**CONTACT**

Don Boje  
(503) 690-6837

**ENTRY FEE**

\$30.00 covers the first two events plus dinner. \$8.00 per event for additional events. Maximum of four events per person. Dinner at MAC club at 8:00 p.m. No jeans please. Guests are \$12.50/person. Reservations must be made at time of entry.

**WHAT**

Open - Drop Flight - A, B, C, and D (D - only if enough entries).

Friday, May 21

- 6:30 pm - Registration
- 7:00 pm - Open Singles
  - Senior & Masters Doubles

Saturday, May 22

- 8:30 am - Registration
- 9:00 am - Open Doubles
  - Senior & Masters Singles
- 12:00 - All Mixed Doubles

Sunday, May 23

- 10:00 am Finals  
(Semifinals if necessary)

Senior & Masters - depending on number of entries may be drop flight or round robin. Senior & Masters events may be combined or cancelled with insufficient entries. Women's Senior and Masters same age as men.

Women entered in Women's Doubles may also enter Men's Doubles as a team.

Prizes will be awarded to first, second and third place winners as designated. Size of awards will be based upon number of entries in each event.

Tournament is sanctioned by the USBA. All participants must be USBA members or pay a \$5 participation fee. Now is a good time to become a USBA member. Membership cards *must* be shown at registration, otherwise the \$5 fee must be paid.

One bird will be provided per match and three birds per final. Additional birds can be purchased at the desk. Tickets will be used for the purchase of birds. One ticket equals 40 cents. With four tickets, you can take one of our birds out of the nest.

The 10-minute default rule will be enforced.

Tournament sponsors are not responsible for personal loss or injury. *Scheduling subject to change* based on entries. Tournament committee reserves the right to modify or cancel any event with insufficient entries.

Mail entry to: Multnomah Athletic Club  
P.O. Box 390, Attn: Badminton Tournament  
Portland, OR 97207

Tournament contact:  
Don Boje: (503) 690-6837

Make checks payable to: Multnomah Athletic Club - **payment must accompany entry. Submit your entries on time. Phoned entries will be an extra \$5.00.**

Approximate ranking for seeding purposes and for selecting appropriate partners if needed. Please circle one in each event.

	Singles	Doubles	Partner	Mixed	Partner
Men	A B C D	A B C D		A B C D	
Women	A B C D	A B C D		A B C D	
Seniors 35-49		Men's Women's			
Masters 50+		Men's Women's			

An effort will be made to locate partners if so requested.

Maximum of four events per person.

NAME: \_\_\_\_\_

Entry Fee: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Dinner Guests # \_\_\_ x \$12.50 = \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USBA Member # \_\_\_\_\_  
Annual Membership \$20 \_\_\_\_\_  
USBA One Time Fee \$5 \_\_\_\_\_

Billeting Yes \_\_\_ No \_\_\_ Phone # ( ) \_\_\_\_\_

**Total Amount Enclosed** \_\_\_\_\_  
MAC Member # \_\_\_\_\_

# Tournament Guidelines

**Registration**

Register at the DESK each day to indicate you have arrived.

**In/Out of Gym**

Let the DESK know when you leave the gym and when you return. You can be defaulted if you cannot be found.

**Match Times**

Check for your match times on the drawsheets posted on the wall, not at the desk (desk personnel can get cranky). The match times posted are approximate and are subject to change. Refer to Item #2.

**Scheduling**

Many hours have been spent scheduling to accommodate as many people as possible. Please do not request your match be played out of order or on a different court than assigned.

**Scores**

Winners are to report the scores. If scores are not reported, the Desk personnel do not know the court is available.

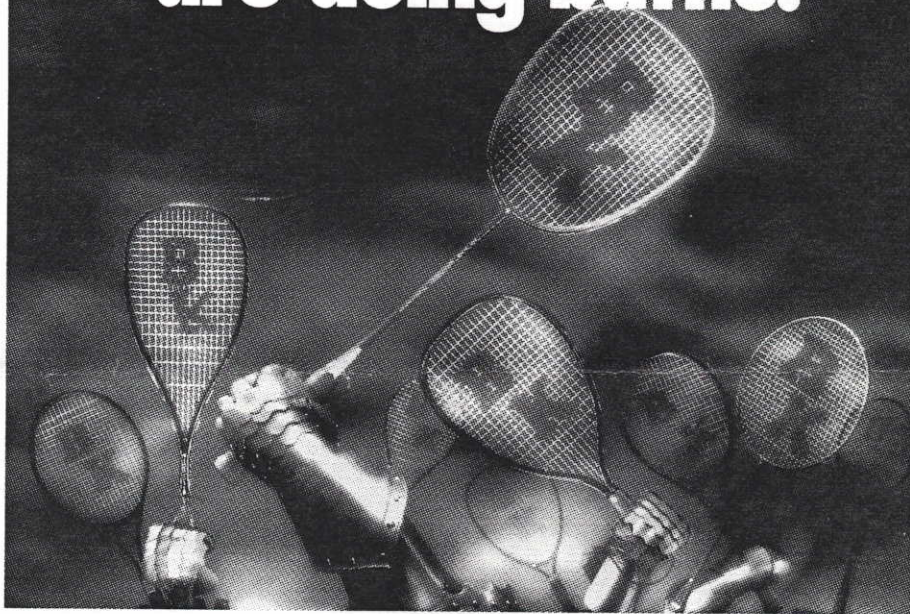
**Birds**

One bird is provided per match and three per final. Additional birds can be purchased. Tickets will be used for purchase of birds - 40 cents per ticket (4 tickets per bird). Please purchase tickets at registration or any time before matches. Tickets can be returned for refund.

*Thank you for your help in making this a fun tournament.*



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