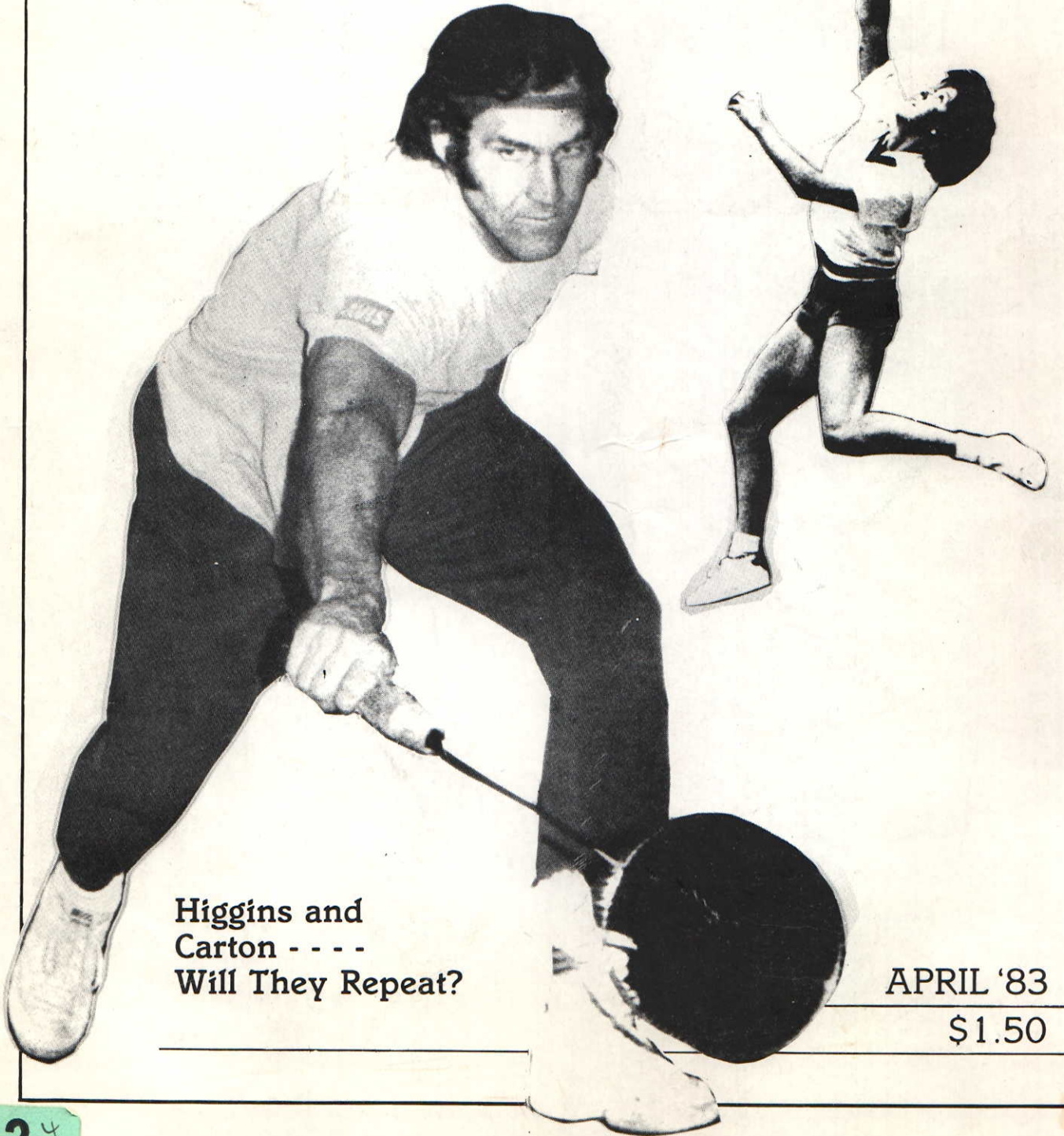


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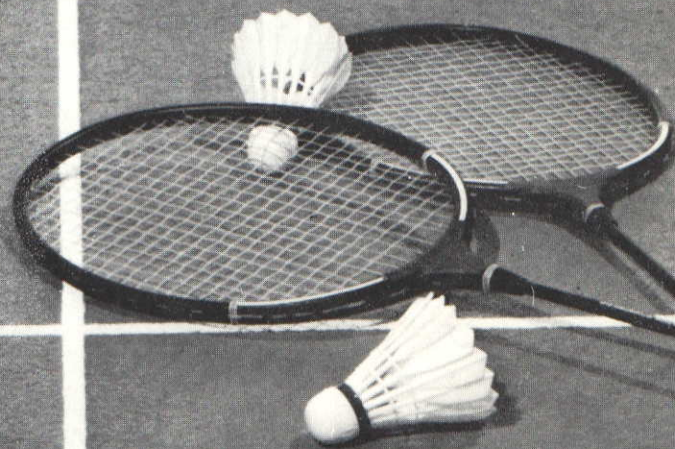
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The Badminton Magazine

Dear Badminton Enthusiast:

Emcompassed on the following pages is our first issue of "The Badminton Magazine". It is our intention to publish a polished, professional quality magazine dedicated in bringing the latest information, personalities, instructional material, etc., about the national badminton scene.

It is one of our ambitions, that through this magazine our sport will be recognized as the truly dynamic and athletic game it is. Every sport, no matter how obscure, seems to have a national publication to showcase it's talents, achievements and activities. It is our hope, that **The Badminton Magazine** will fill this need.

Our first issue is complementary, but cannot continue to that basis.

The editorial staff of **The Badminton Magazine** welcomes any photos or short articles (300 words or less) for future publication consideration.

If your photo and/or article is used, we will send you a check for \$20.00 and give you submission credit.

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Please read and enjoy our first issue. We are optimistic that you will be as excited about it's potential as we are.

Obviously, a magazine of this scope requires considerable manpower, time, and financial resources. I would like to emphasize that **The Badminton Magazine** is not affiliated with the U.S.B.A. or any commercial venture in any manner. We need your support to continue. Please take time out and subscribe to America's first professional badminton maga-

zine. And please encourage others, who are also interested in our sport, to subscribe.

With more experience, and a better idea of what you want to read, we will produce a magazine that will make you proud of "this backyard Sunday picnic game". Hopefully, proud enough to show your tennis and racquetball friends.

Cassandra Sophia Salapatas
Editor-in-Cognito

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New England Open Championships



The doubles team of Kevin Hussey and Tom Carmichael survey the competition at the recent New England Open.

The prestigious New England Open Championships were held this year, February 4, 5 and 6th, at the Cedar-dale Indoor Tennis, Health and Racquetball Club in Haverhill, Massachusetts. This tournament was sponsored by Sportcraft and held at a quality facility surfaced with eight Supreme Courts. This 44th Open was significant not only because of an excellent draw (97 entries from 11 states, Bermuda and Canada), but this tournament was the first in a series of U.S.B.A. "classics".

It the the U.S.B.A.'s hope that the specified tournament "classics" will promote intra-regional competition, and if the draw for the first "classic" was any indication it appears the concept is well on it's way. Plans are being readied for next year's West Coast Classic, and 1985 will possibly see a Midwest Classic.

The depth and ability of players in Men's Singles was evident by the many fine matches from the round of sixteen. The Men's Singles final was perhaps somewhat anti-climatic as

Gary Higgins (CA) dominated Pat Tryon (CANADA) to win 15-6, 15-5. Cheryl Carton (CA) breezed to victory in Women's Singles. Ms. Carton was in command over her opponents as she did not allow more than five points in any game. The Canadian pair of Soong-Tryon defeated the newly formed Men's Doubles team of Matt Fogerty (MA) and Bruce Pontow (IL), and the California Women's Doubles duo of Diane Hales and Pamela Owens subdued Pat McCarrick (NY) and Cynthia Kelly (MA) to capture the title. Ms. Hales appeared on center court often that day, as she and Bob Gilmour (CA) played authoritatively and beat Geoff Stensland (IL) and Barb McKinley to take home the Mixed Doubles prize.

The New England Championships were successful in many ways. Perhaps the most significant aspect was that the sport of badminton was taken out of the gymnasium and put on display at a professional facility where public and media could observe some of America's finest badminton talent.

The Dave Freeman Tournament

The Federal Building in San Diego, California, is serving as the official training center for the Men's Olympic Volleyball team, but on the weekend of February 19-21, the "spikes" were replaced by "smashes" for California's most honored tournament, the 31st annual Dave Freeman.

Most 208 participants would agree, a win at the Freeman holds more prestige than a California State title. To many, the Dave Freeman is a mini Nationals. The Freeman is also the fourth stop on the California Gran Prix circuit, but this tournament's significance goes much deeper. The Dave Freeman gives you a sense of badminton tradition, there is almost a spirit embodied in the perpetual trophies. Names of United States badminton greats, Kelly Tibbetts, Joe Alston, Wynn Rogers, Carlene Starkey, Jim Poole, and the unequalled Dave Freeman, grace these awards which spark the imagination and aspirations of all players.

Excellent matches were played in all flights, but of special interest were the women's singles semi-final of Gillian Calder (Canada) and Judianne Kelly (Calif). Ms. Calder battled back from an 8-3 deficit to win the third game of the set. Mike Walker (Calif) was at his competitive best, he fought a long battle to beat Danny Brady (Mich) to advance to the semifinals of men's singles against Rodney Barton (Ariz). A 14-11 lead by the Canadian pair of Gillian Calder and Jacki Johnston, did not discourage Vicki Toutz and Cheryl Carton (Calif) as they came back to serve six straight points to reach the finals. But perhaps the battle between seniors, Jim Poole and Tom Carmichael was the tournament's highlight. Both men easily dominated their competition setting the stage for their inevitable places in the senior men's

singles final. In the first game, Tom went out to an early lead and it appeared to be an easy win. This was not to be, as Jim toughened up to fight his way back. Service changed hands many times with points extremely difficult to come by. Rallies were long and arduous with excellent shotmaking and strategy displayed by both men. Jim won the first game, but Tom went on to eventually win the deciding third game. It was a match spectators will not soon forget, setting the stage for the probable meeting of these two badminton veterans at this year's Nationals. The finals were held Monday, and all proceeds from the ticket sales were donated to the Arthritis Foundation. The Open finals began with Women's Doubles. The match went quickly as the team (-2 ranked in U.S.) of Nancy Narcowich - Monica Ortez (Calif) were defeated 15/8, 15/6 by Vicki Toutz - Cheryl Carton.



National champions in training.

This victory was a good win for Toutz and Carton as they had not beaten this team since January of 1982. Mixed Doubles saw the "pick-up" team of Danny Brady and Diane Hales (Calif) surprisingly dispose of the established Walker - Kelly duo, 15/7, 15/3. Women's Singles showcased the experience and excellent short serve of Cheryl Carton as she

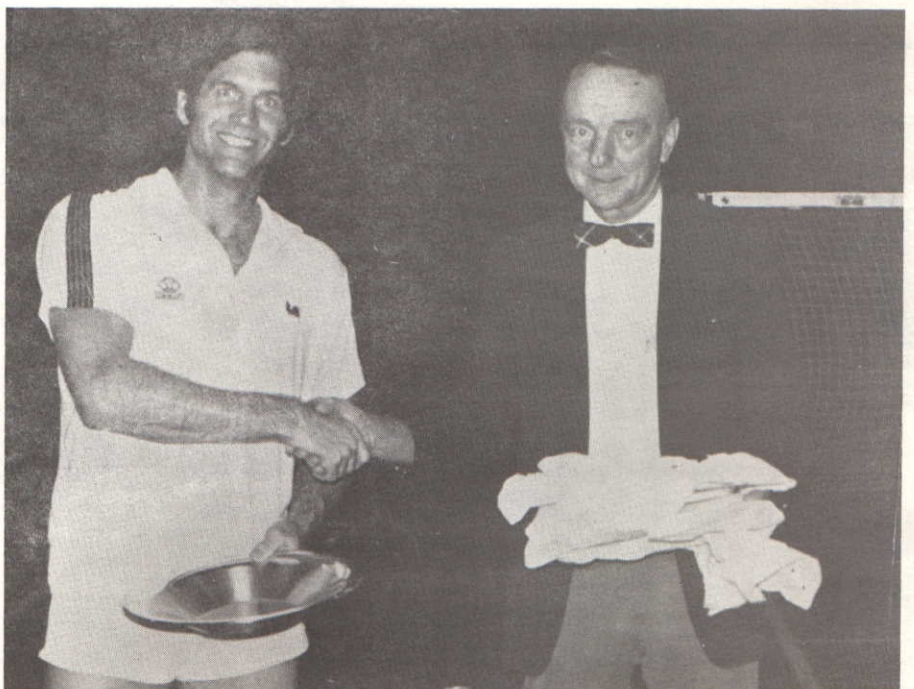
dissected her younger Canadian opponent, Gillian Calder, 11/7, 11/1. Spectators and finalists, Gary Higgins and Rodney Barton, were favored by having the immortal, Dr. Dave Freeman umpire the Men's Singles final. In the match, Rodney jumped out to an early 8-1 lead, but the remainder of the game was dominated by Gary, as he controlled play with deep accurate clears and exceptional smash defense to win, 15/12, 15/8. The Men's Doubles final was a fairly

easy victory for the Thomas Cup team of John Britton (Calif) - Gary Higgins as they took full advantage of unforced errors to defeat Mike Adams (Mich) and Danny Brady, 15/10, 15/2.

So ended the 31st annual Dave Freeman Open. It was a tournament of onesided finals, but also a demonstration of highly skilled experienced badminton champions dominating their competition.



The Dave Freeman tournament in full swing.



Singles winner Gary Higgins receiving congratulations from Dr. Dave Freeman.

Selection of International Teams

Report of the Selector's Committee

The U.S.B.A. has appointed a Selector's Committee consisting of Ray Park (chairman), Vicki Toutz, and Tom Carmichael, and has adopted the following procedures for selecting the players who will represent the United States in International competitions such as Thomas Cup, Uber Cup, and World Games. These procedures will not apply to international tournaments which a player may enter as an individual rather than as a representative of his country.

Each year, the Selector's Committee will choose a group of approximately 12 men and 12 women to be on the International Squad. These players will be expected to make a strong commitment to training and playing in tournaments throughout the entire year. The International coach may organize and direct special training

programs for squad members and may require members to play in specific tournaments. The Squad will provide a pool from which the players will be chosen to participate in a given international event.

The U.S.B.A. Board of Directors may, in some instances, establish a policy (e.g., young players rather than veterans) for selecting the team for a particular event. The International Coach will then nominate the players for the event and the Selector's Committee will either approve or reject the nomination. In this way, the Selector's Committee will be responsible for ensuring that the coach's choice is both fair to the players and consistent with the intentions of the Board. In making its decisions, the Selector's Committee has followed the guidelines as stated in the "Rules for

Selection of the U.S.B.A. International Squad" which are available.

Our congratulations are extended to the following players for being named to the 1982-1983 International Squad:

Tony Alston (California)
Mike Adams (Michigan)
Rodney Barton (Arizona)
Danny Brady (Michigan)
Pam Brady (Michigan)
John Britton (California)
Traci Britton (California)
Cheryl Carton (California)
Clare Choo (Illinois)
Ann French (Wisconsin)
Gary Higgins (California)
Mary Fran Hughes (New York)
Kevin Hussey (Illinois)
Judianne Kelly (California)
Joy Kitzmiller (California)
Patricia McCarrick (New York)
Nancy Narcowich (California)
Monica Ortez (California)
Bruce Pontow (Illinois)
Regina Rubin (California)
Gary Shelstad (California)
Mike Walker (California)



The Selectors: Ray Park, Vicki Toutz, and Tom Carmichael

As there is no International Coach at present, the functions of the coach will temporarily be performed by the Executive Committee.

Status of Collegiate Badminton 1983

Badminton, a Casualty of the AIAW and NCAA Fight

In 1981 a battle took place for control of women's athletic collegiate championships. The AIAW (Association for Intercollegiate Athletics for Women) had been the sole sponsor of women's national championships since 1972 until the NCAA (National Collegiate Athletic Association) voted to also sponsor such competition in selected sports. The battle was then underway as to which athletic organization would hold the power and legal right to control these national events.

The AIAW immediately assumed the underdog role. The NCAA offered financial assistance to schools attending their nationals, the AIAW did not. Colleges thus became divided — some attended the AIAW nationals some went to the NCAA. However, financial consideration was not the only attraction to many schools.

As the NCAA began to offer more women's championships, college administrators decided that it would be far better to maintain an athletic department under the governance of one organization. With many schools voting to place women's athletics with men's athletics under the NCAA, the AIAW slowly lost members, power, and financial backing. Though the AIAW took legal action (pending) against the NCAA, it no longer functions as an organization nor sponsors national championships.

Through this battle, schools continued their athletic programs with the exception of sports not picked-up by the NCAA for national championships. Badminton was one of these 'battle' casualties. Supposedly, badminton did not have a sufficient percentage of schools with teams. Thus, some colleges dropped their badminton programs; some changed the status to a club sport and some survived. At present, seven schools maintain an active team athletic program with some type of scholarship assistance. These schools include: Arizona State University, George Washington University, Western Illinois University, Temple University,



Coach Fisher and various members of the A.S.U. Badminton Team... Animal House revisited!

Drexel University, University of Wisconsin at Madison, and California State University at Los Angeles. These colleges, plus some with club sports, are working to keep badminton in the collegiate ranks and to organize a national collegiate championship. Donna Phillips, coach at Western Illinois, is the present Chairman of the Coaches Committee for Collegiate Badminton. In conjunction with other coaches, she is currently involved in the decision for the organization and site of the 1983 Collegiate Badminton Nationals. It is the hope of the committee that the nationals will include men and women team championships and be held in the East (probably George Washington University) in March to attract midwestern and eastern colleges not able to travel a great distance.

This then is the present status of collegiate badminton. It appears somewhat discouraging, but there is still hope that the NCAA will vote to sponsor a national championship. A motion to this effect at the NCAA delegate assembly in January was tabled until the next meeting. Perhaps some of the stumbling blocks in having the NCAA reach their decision is that badminton is a non-revenue sport and also a co-ed sport. The NCAA has yet to sponsor a championship that involves men and women

competing simultaneously. But there is also a chance the AIAW could win their lawsuit against the NCAA, though at this point it does not seem likely.

The fact remains, however, that survival of a collegiate badminton program will depend on the leadership and interest of coaches at this and all levels of education. Strong support for the United States Badminton Association would also be a plus. Club play and open tournaments speak to the interest of non-school affiliated players, but a strong educational program starting in elementary school and continuing through all types of colleges would be of great value to badminton. It is, of course, important to train a club member as a national champion, but for a sport with all-around lifetime benefits to offer, it is crucial to keep interest in the schools.

Carol F. Fisher has received a B.S. Ed and M. Ed in Health and Physical Education from Miami University at Oxford, Ohio. Ms. Fisher is currently a graduate teaching assistant and Assistant badminton coach at A.S.U. while she is working on her PhD in Athletic Administration. Ms. Fisher is single, lives in Scottsdale, Arizona and enjoys all racquet sports, music and biking.

“The Doubles Service Return”

Sombat Dhammabusaya



Consequently, a team has the immediate disadvantage of playing defense from the service. The problem is frequently caused by lack of tactics, concentration, or other technical factors such as the **receiving position** and **racket position**.

Having the proper receiving position generally helps a receiver approach the net quickly. It can be adjusted according to the weakness and strength of each player. The following basic steps might help you to improve your aggressive play:

- Try to position yourself at the short service line as close as possible allowing yourself the possibility of a flick serve.
- Since your duty is taking care of the net play, a long step forward will enable you to meet the shuttle while it is in the upward flight.
- The racket foot should be in front as you approach the net.
- Move back to the center front immediately after making your shot. This will enable better court coverage and attacking maneuverability.

A common fault found in poor receiving is having the racket in a defensive position (underhand as in a dropping motion). Check and see if your racket is in the following proper positions.

- Have the racket in a slightly upward position above the net.
- Wrist should be slightly cocked.
- The swing must be short using a wrist shot with little or no backswing.

The service return is one of the most significant aspects of the game of badminton. A team can be so intimidated by an aggressive service rushing team that rallies are kept to a minimum. Theoretically, a team which attacks the most will usually win. Thus, a good team will try to initiate the attacking game at first opportunity, which naturally, occurs during the service return. Putting constant pressure on the server can turn a good constant server into an inconsistent one.

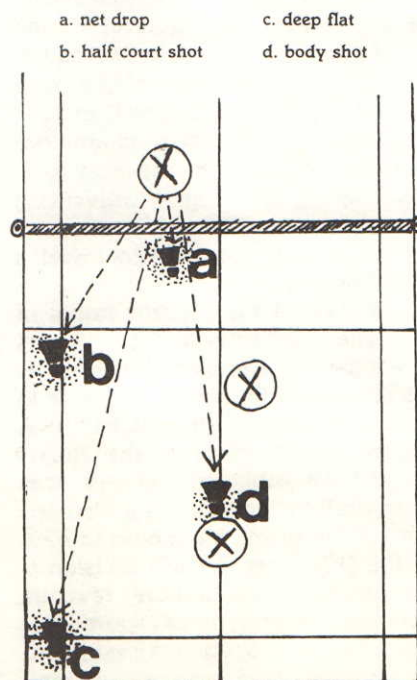
Basic Strategy of the Receiver:

- To initiate the offense.
- To pressure and intimidate the server.
- To force the opposition into a defensive maneuver.

Duty of the Receiver:

- Attempt to “kill” a poor serve.
- Force the opposition to hit up.
- Clear out deep if there are no alternatives.

Though both the strategies and duties of the receiver seem quite basic, many top doubles teams are guilty of disregarding the “basics”.



Continued on Page 17

The Alston Family

Tony, Joe and Lois

Both my mom and dad grew up in San Diego and played at the Federal Building. My dad started playing when he was around 10 and my mom did not begin seriously until she was 15.

I remember watching them when they were still playing competitively, but most of the time I was there because they could not find a babysitter. Needless to say, I never studied their style or strategies when I was 6 or 7 years old, I just wanted to go home.

I am not sure how many doubles titles my dad and Wynn Rogers won, but it is around fifteen. My dad also won singles twice and was runner-up seven times. This statistic is deceiving, in that the Nationals were 'open' and the best players in the world were there. This has not been the case recently, or even in the 60's. My dad's most impressive achievement was his play at the All-Englands. He won the All-England Doubles title in 1957 with Johnny Heah from Malaysia. He also lost in the semis in singles to the eventual champion, Eddy Choong, 18-16 in the third game. These achievements are very impressive when you realize, since my dad, none of our U.S. champions participating in the All-Englands have gotten farther than two rounds. People in the U.S. do not understand the importance of the All-Englands until you visit. It is the ultimate tournament-- the best in the world are there. Being an All-England champion is probably the most prized achievement in badminton.

My mother, on the other hand, was unfortunate enough to come along in the era of the greatest woman player ever—Judy Devlin Hashman. My mother got to the All-England semis twice in singles, and was ranked #3 in the world. At that time, the U.S. had the top three players in the world: Judy Devlin, Margaret Varner, and my mom. My mom's only national titles came when she teamed with my dad twice to win the mixed doubles champion-



A Badminton Dynasty

ships. She is a great athlete, and although she is not a gourmet cook, she always has been able to throw a football farther than any other mother on the block!

As you can tell from the above, I hold both my mom and dad in the highest of regard. They are class people who carry themselves with a type of dignity I hope I can someday

say I hold. If it sounds like I am bragging about them that is exactly what I am doing. You would never hear either of them say how great they were, it can only be heard from me. Unfortunately, the squeaky wheel gets the grease, and because my mom and dad do not talk alot about themselves no one realizes what great players they really were.

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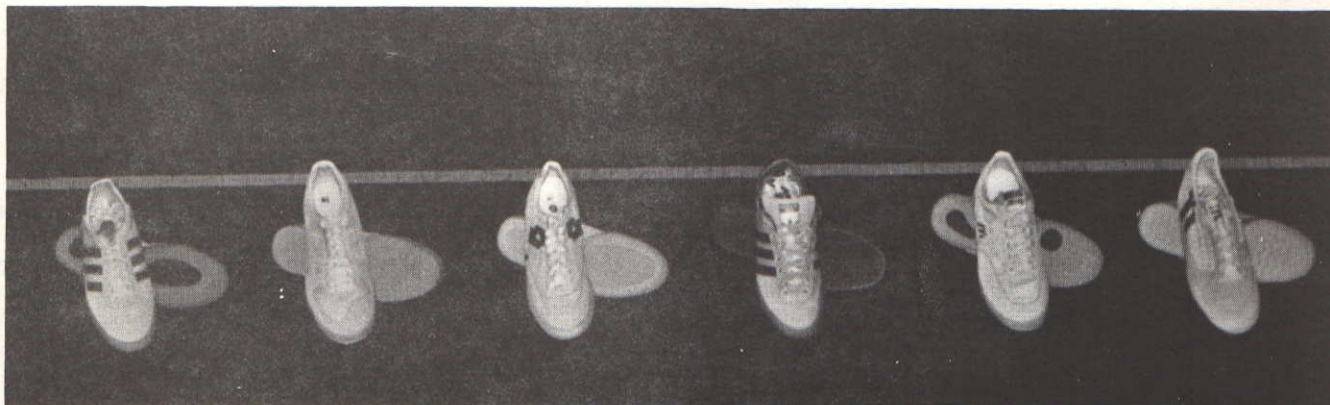
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An Interview with Stan Hales

By: David Pallack



It is no wonder that Stan Hales has taken his opponents apart with mathematical precision during his 19 years as a top 10 badminton player. Dr. Hales has a Ph.D. in mathematics from Harvard and he has been teaching math at Pomona College since 1971. He has also been Associate Dean for almost 10 years and this year he is the Dean while Pomona's regular Dean is on leave.

Stan also coaches the five Claremont Colleges' Badminton teams. Although it's not a varsity sport, the team is very popular and currently

has 40 players on its roster. Stan started the club in 1971, immediately after he completed his Ph.D.

Stan is better known around badminton circles for his non-academic titles. They include two U.S. National Singles Championships, in 1970 and '71, and membership on 3 U.S. Thomas Cup Teams, in 1967, 1970 and 1973.

When Stan started playing badminton at age 11, he had 4 years of tennis experience and had played in many tournaments at ages 10 and

11. His interests also included baseball and basketball.

"Athletically, I've played as many sports as I can, particularly tennis," states Stan. He knew Billie Jean King and went to school and played tennis with Cathy Lee Crosby and her sister, Mary Lou.

Stan saw his first junior badminton tournament in Pasadena and spent the next year playing in a neighbor's backyard court. He entered the same junior tournament the following year at age 12.

"I entered the 13-and-under and got clobbered right away." The boy that clobbered him was Bill Foy of Burbank. They became good friends. Stan kept playing in tournaments every year after that and, in 1957, he reached the finals of the Junior Nationals in Delaware. In 1959, he and Foy won the United States Junior Boys Local Championships.

Stan continued to play badminton in high school. In his junior year he won the singles and doubles Junior Nationals titles and, in his senior year, the Junior Nationals in singles, doubles and mixed doubles. He also lettered in tennis for 3 years. After 2 years in college, Stan decided to give up tennis and become a full-time badminton player.

"But I was also full-time 'college'," says Stan, who engaged in such activities as student government, a 3-year radio show, his fraternity, home-coming, and 3 years of cross-country running. "I just got wrapped up completely in college, there are so many things to do."

Stan knew his badminton game would suffer in college because of these activities. His friend, Ray Park, came to Pomona College a year after Stan did. Together they agreed to

play badminton and at least try to maintain their level of ability, even though their outside activities limited the time needed for improvement. Stan managed to spend about one weekend a month playing in tournaments and in the Nationals every year.

"After I got out of the Junior Nationals in 1960 and I started college, I knew I wanted to make it as far as I could. I had no idea how far that was going to be, so I played all the tournaments I could in Southern California and the Nationals." Stan's first Senior Nationals were in 1967—his freshman year in college. Stan

recalls: "I was very fortunate. I had a couple of good draws. I made the quarters and I was only 19, so I was ranked higher in the country than I should have been ranked that year, around seven. I wasn't that good—at best I was around 12 or 13."

"I played the next year and the next year, and, even though I wasn't playing that much in college, I'd usually get one good upset in the Nationals and then lose to a foreigner. By the time I graduated from Pomona, I was still around 7th or 8th." When Stan was a senior in college he tried out for his first U.S. Thomas Cup Team. To establish a position on

the team, he had to go back to Boston and play some Easterners, people he'd either always beaten before or those he was sure he could beat now. Stan didn't practice as much as he should have and the players had improved more than he had expected. As a result, he lost two matches in a row.

"That was a real blow, because, probably more than wanting to be the U.S. champion, I wanted to play on a U.S. Thomas Cup Team. I knew this was my chance, a senior in college, a nice big balleymoo and I was on my way to Jamaica via Boston... well, I lost in Boston."

"You come back to campus with your tail between your legs and all your friends say, 'What happened to the tan you were supposed to get in Jamaica?' That made a strong impression on me. It was a marvelous turning point. I remember making a few promises to myself after that game that it wasn't going to happen again."

After graduating Pomona, Stan went to Harvard to work on his Ph.D. in mathematics. He finished his coursework in 3 years and then returned to Pomona College for a teaching position, where he also worked independently on his thesis. After those 3 years at Harvard, he was ranked about third in the country. Most of those three years he was undefeated on the East coast except for some losses to Canadians. Stan felt pretty confident with his ranking and was sure he could beat everyone ranked below him.

The Thomas Cup try-outs arrived again in Stan's third year at Harvard. Stan was determined to make the team that year.

The entire Fall he had practiced extremely hard against competition that included at least one person that had beaten him in Boston the first time he had tried out for the Thomas Cup Team.



Stan and Diane after wrapping up their singles titles in 1971.

Continued on Page 19

Gary Higgins

Staying on Top



There are times when it seems much more difficult to remain on top as opposed to the struggle to reach that pinnacle. Gary Higgins, of Redondo Beach, California, at 31, is the reigning U.S. Men's Singles champion. Mr. Higgins is on top of that mountain right now and intends to stay there if our conversation is any indication.

Gary won his second national championship last year in Chicago against Tony Alston of San Diego. When asked who he felt might be his biggest stumbling block in '83, he thought it would once again be Tony. "Tony will be my biggest threat, he has been training a lot and is ready emotionally. He has been there before." Would Tony be more difficult to beat after competing on the international circuit—Gary says the circuit might work against Tony because a player seems to sit around a great deal of the time which can hurt a player's conditioning. Gary also felt he had to be careful against Rodney Barton. "He has tremendous potential but lacks experience in pressure situations." Danny Brady is another individual Gary does not regard lightly. "Danny has good shots, plays steady and smart badminton. If he gets to the quarters and gets hot, he could get on a roll and go all the way!"

As mentioned, 1982 was Gary's second singles title. His first championship came in 1980 at the Omaha Nationals after defeating the then national champ, Chris Kinard. When asked if he would like to face Chris again, "I'm not afraid of losing. He is definitely a threat, but beatable."

Gary has been jumping rope, running and playing as often as possible. He appears to be in good shape as evidenced by his win, for the first time, over Pat Tryon of Canada in the New England Open. Gary is not only gearing up for a win in singles, but would like to rectify he and John Britton's doubles loss in last year's nationals.

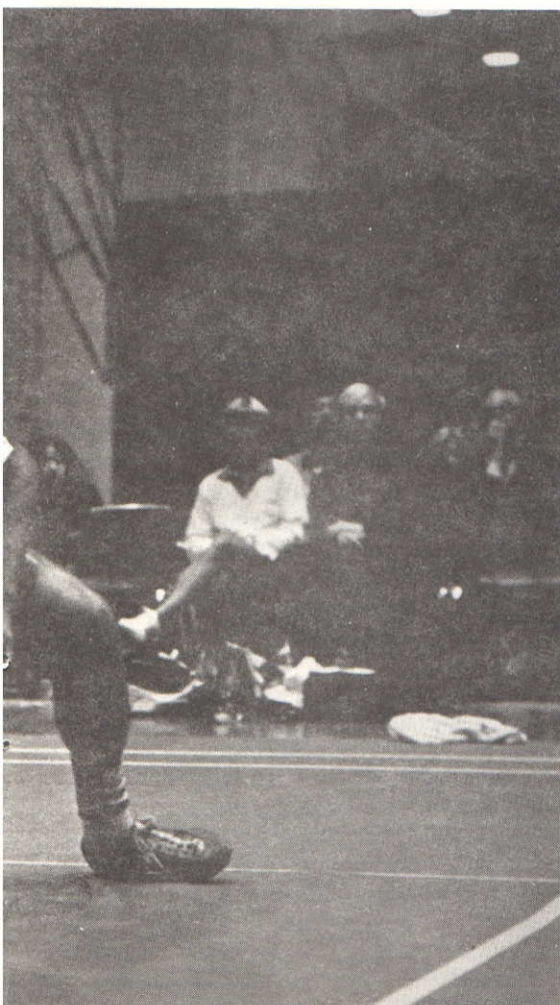
Mr. Higgins feels he can go all the way in Chicago this year, not only in singles, but also doubles. We wish the current champ all the luck, because many are looking to climb that mountain!



Cheryl Carton



"Going for #4"



We thought our readers might be interested in reading Cheryl Carton's reflections on retaining her singles title at the rapidly approaching United States National Championships at Chicago. We were able to catch up with her following a recent practice session at the Federal Building in San Diego, California.

Cheryl is confident that her talent and ability will carry her to another national championship. "My toughest competition will come from Judianne. I do not take her 'never say die nature' lightly".

Cheryl defeated fellow Californian, Judianne Kelly of Costa Mesa, last year in a very close finals (11/8, 11/8), but, most recently, Ms. Carton has had problems with her. Cheryl lost to Judi in three games at the California Gran Prix III in January.

"Pam Brady, who is always a contender, won't be ready. She just gave birth to her second child in January and I can't see how she could possibly be physically prepared."

When asked if she was concerned about the possibility of Utami DewiKinard attempting to regain her national singles title, Cheryl only welcomed the challenge. Utami defeated Ms. Carton rather handily in

the finals of the 1981 San Jose Nationals.

Cheryl is not undertaking any different training techniques. "I'm trying to improve my fitness level by additional running and court drills. This will be necessary because Judi Kelly is an excellent retriever, which, of course, translates into long and physically demanding rallies".

Cheryl feels that her first singles title in 1978 in Austin, Texas was her most important championship because it assured her a place on the Uber Cup Team. Her second title in 1980 was quite significant as "it proved that my first singles championship was no fluke, but I accomplished my title through hard work and ability". Winning in 1982 and any future championships are just for the record books and personal satisfaction, but "I have a great desire to win a doubles and/or mixed doubles title to show people that I am a complete badminton player".

Does Cheryl Carton, at age 28, have any ambitions to break the records of Ethyl Marshall (seven time winner) or Judi Devlin Hashman (twelve time winner)? "Who knows, I would like to think so, but first I have to break my odd year jinx". Could 1983 be a good year for Cheryl Carton—only time will tell.

The Continuing Adventures of Joe Badminton

By, Alan Crawford

Joe Badminton. The very name strikes fear into the hearts of players everywhere, but mostly in Los Angeles, parts of Orange County and a little vineyard near Geyserville. Why? Because he's tough. Real tough. This is the type of guy who strings rackets with his teeth, the kind of man who doesn't even own a \$97.00 warm-up suit. Tough. And this is his story.

One day, not long ago, a scruffy young man appeared on the doorstep of one Connie M. Flabsteak. Mistaking him for a poor homeless kitten she took him in. It wasn't long, though, before she realized that this one was different than the other poor homeless kittens (39 in all) she had given a home. For one thing he preferred whiskey sours to the bowl of milk she offered and, for another, none of the little kitty sport jackets she had would fit him.

Connie was in a tizzy. She didn't know what to do. So Connie called her mom. Mom suggested she take him along to the gym that night and try to pawn him off on one of her disgusting badminton friends. So she did and the world will probably never be the same because of it (almost, but not quite); because that boy took to badminton like a slug takes to Jello; like a 300 pound sex offender takes to Jane Fonda's workout classes; like Mort's Delicatessen takes to the bowling alley across the street.

Soon he was dropping, clearing and smashing with the best of them (which wasn't all that impressive because these games took place at the disabled WW I veterans rehabilitation center). It was at this point that Joe adopted the name "Joe Badminton". He made friends quickly, particularly among the emotional cripples, and was soon offered a spot

on the up-coming and prestigious All West Covina Novice Tournament. However, the following conditions were applied: (1) that he come up with the entry fees and (2) that he find something to wear other than that jacket he had on which was about 38 sizes too small.

The tournament went very well, all things considered. Everyone came away with a glow on their faces (especially the tournament director who was able to invest the proceeds in some really top-rate Columbian). Joe won a tacky little trophy for "Most Improved Cross Court Around-the-Head Dink Shot". Connie's mother won a tacky trophy for "Best Original Kvetcher" and another for "Best Overhand Serve". The real winner, though was West Covina, for it was Joe's success in this tournament that convinced him that he should move to Los Angeles, turn pro and be generally obnoxious.

Once in L.A., things really started happening for Joe. In short order he was (1) kicked off a bus for carving on someone's knee cap (2) picked up by police for creating a nuisance in front of an all night Hungarian fast food joint and belly dancing clinic (3) released by police for just being a plain nuisance and (4) hired by a rich, ugly Beverly Hills woman to be a garden ornament.

It was while standing in this lady's garden that he began meeting the badminton elite of L.A.; famous people like Elmer Mildredge and Josephine Blooswort; influential people like Arnold Pighead and Stephanie Gorbialis and stupid people like Bill Wob and Cathering Klump. The longer he stood in this garden the more tired he got. Finally it got to be too much for him and he sat down.

Unfortunately, it was on Stephanie Gorbialis that he sat. This really

steamed her and caused her to marshal together all of her not too considerable powers of persuasion to get this clod off her back. These were the same powers of persuasion that had rocketed her to the very apex of the badminton hierarchy of Southern California and enabled her to become the great and powerful woman that she was and still is today. About half an hour later, Joe decided to get up and go have lunch.

It was at Mort's Delicatessen that they caught up with him, and suffice it to say that, the ensuing brouhaha was not pretty. In fact it was ugly. **Extremely** ugly. And messy, too. Downright disgusting at times with half-eaten Reuben sandwiches hurtling across the room colliding in mid-air with half-slurped bowls of borscht; chairs being cracked over the heads of pregnant women and aluminum siding salesmen; straws being rammed through the noses, and other bodily orifices, of underpaid waitresses and napkin dispenser polishers: regular paying customers not getting served for a good 15 minutes or so.

Joe was cool. He kept his head. In fact he was so on top of the situation that he was able to recall and make use of an advanced badminton skill that he had just heard about earlier that day: He fainted.

When he came to, Joe found himself hanging on to his racket which had somehow gotten itself entangled in the branches of a scrawny little tree growing out of the side of a sheer cliff. He looked down. Suddenly one of the strings snapped. Then another. And another. Was this to be the ignominious end of our intrepid hero? The match point in the life of Joe Badminton? Find out in the next exciting episode of THE CONTINUING ADVENTURES OF JOE BADMINTON....

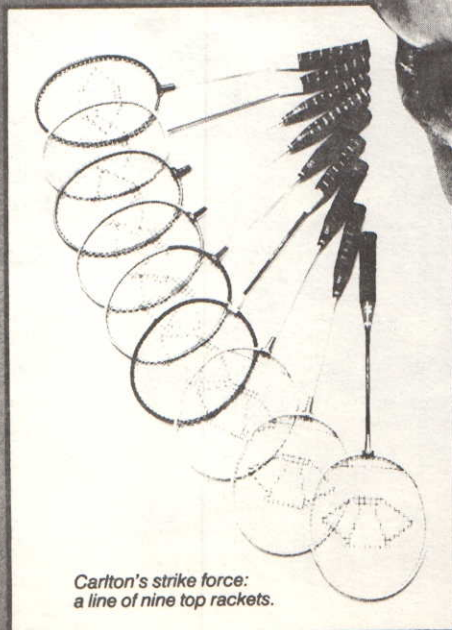
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Adams and Brady

Looking to Win

The Men's Doubles team of Mike Adams and Danny Brady (currently ranked #2 in the U.S.) recently visited Southern California. Their visit gave us the opportunity to talk with these two players from Michigan and discuss what they thought of the upcoming Nationals.

They feel their biggest difficulty in capturing the Men's Doubles title will be the sometimes awesome team of Gary Higgins and John Britton. They have played this pair before (they lost in 3 games at the Orna National) and "they can control the game if John decides to be the general. They play alot differently if John is intense" comments Danny Brady. The team of Mike Walker and Gary Shelstad will be a threat along with Bruce Pontow and Matt Fogarty. "Bruce and Matt have lots of ability but have only played one tournament so far this year", says Mike.

To get ready for Nationals, Adams - Brady are playing alot more and attending many more tournaments.



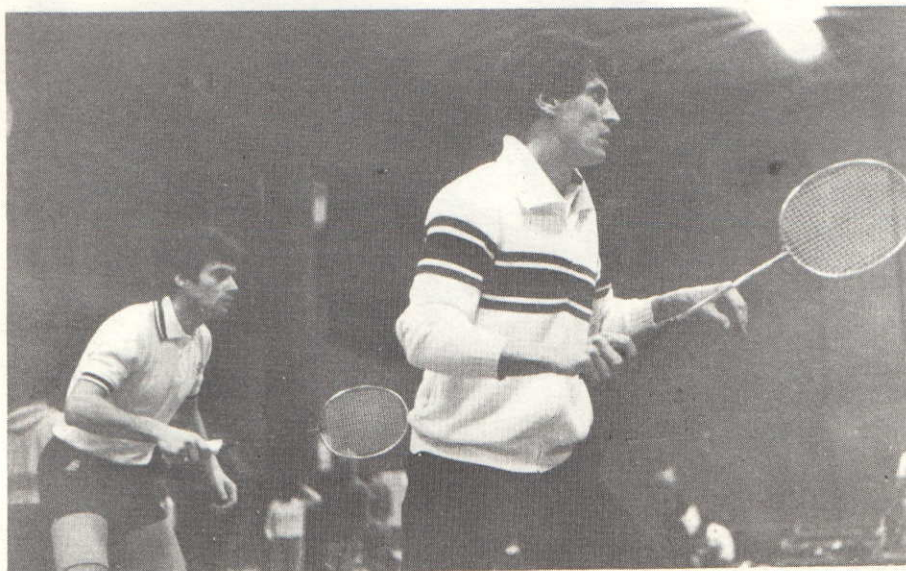
Mike and Danny in a more relaxed mood.

This pair played the Dave Freeman last month and reached the finals, to eventually lose to Higgins and Britton. "Coming to California was like a

warm-up for Nationals, there is so much more depth here", says Mike. "Yes, usually we don't get much of a game until the semi's, agrees Brady, and it's usually against the same teams." They felt the California teams play a different style than the East Coast players. "People like Bob Dickie, or Bob Gilmour hit more quick slash shots and make great gets. Our player's have a more controlled game which evolved from people like Don Paup and Tom Carmichael," says Danny. Mike adds, "Britton is changing the California style somewhat though."

Both these gentlemen are married, and Danny and his wife, Pam, recently had their first child, Shelly Lynn. The team of Brady and Brady are the current U.S. Mixed Doubles Champs, and Danny feels they have an excellent chance for their third title in a row. Mike stated, "I hate mixed doubles."

The team of Brady and Adams can be flashy and certainly capable of beating anyone. It's a funny thing, they always seem to peak at the most opportune times, like right around Nationals.



The team of Brady-Adams awaiting service.

Chris Jogis

Junior Hopeful

Chris Jogis, of Palo Alto, California, is looking forward with anticipation to Nationals this year. Not only does he feel he has the ability to go all the way and win the singles title in "18 and Under", but he cannily adds, "I think I am able to pull off a few upsets at the Adult Nationals".

Chris, at age 17, has been playing competitive badminton for only five years, but has appeared to have blossomed this season. He has caused several upsets, defeating the likes of Guy Chadwick, Ray Park, Miles Munson, and even reached the finals of the California Gran Prix II as an unseeded Player.

Chris has prepared for the 1983 Nationals. His coach and manager, Len Hill, has developed a program of drills, conditioning and game schedules to keep him fit. "I am also a member of the varsity soccer team which helps me stay in condition".

Chris feels his best title shot will be in singles. This is the trophy he would favor as, "if you win singles you are considered the best player". He comments that his most difficult opponents will be Benny Lee (though he has beaten him the past 3 meetings) and Paul Rubin. Chris has never been in the winner's circle, though last year he won all consolation events.

Do not let Chris' age disguise his abilities, his goal is to make the Top 10 list in 1983. With his determination, he just might do it.



Continued from Page 6

A good service returner not only has the ability to attack the shot but also has good placement with the shuttle. A bad placed shot can be dangerous and backfire your offensive strategy. Remember, as you rush the net you also put yourself out of playing position. It is almost an impossible task for your partner to cover the entire court. A variety of returns will keep

the opposition confused eliminating anticipation. The effective areas of return are: **net drop, half court alley, deep flat, and body shot.**

These basic areas of return complement each other. One of the most common and most effective areas is the "net drop". A "half-court alley" return keeps the opposition from anticipating the net drop. It is very effective, but is the least used in a double's game. It should be executed

with a quick downward movement and be placed behind the short serve line. Keeping your opponent aware of the above returns can open up the backcourt for the "deep flat". This shot works well especially to the backhand side. A quick return directly at the body of a player is an excellent shot choice. It is used extensively in mixed doubles and not only limits the angle of return but usually forces a weak shot at the net for the possible kill.

Judianne Kelly

Triple Crown Contender

Sports Medicine

No one would argue that Judianne Kelly is a fighter, a real competitor. Her goal at this year's Nationals is to win the "triple crown" and if anyone has the experience or ability to succeed with this impressive feat, it is Ms. Kelly.

Judi will be returning to Chicago as part of the 1982 defending Women's Doubles team of Pam Brady - Kelly. This title was no easy win, as the unacknowledged team of Nancy Narowich and Monica Ortez narrowly missed upsetting this frequently unchallenged team. "I was surprised how well Monica and Nancy played

considering the pressure of the first Nationals final. Also, I do not take the team of Vicki Toutz and Cheryl Carton lightly."

Judi would certainly not like to go through another nail biter as she did last year, so she has been working very hard. Asked if Pam's recent pregnancy will hurt their teamwork, she thought not. "Actually, I will probably think more to compensate for Pam's lack of playing time."

Judi also has a keen interest in Mixed Doubles. She and her long time partner, Mike Walker, will be going for their sixth championship.



Judianne and Mike, a big push for the recordbooks.



They won their first title in 1975. Obviously, their biggest obstacle will be the current #1 husband and wife team of, Danny and Pam Brady. "I would really love to win the mixed title, it would put me and Mike in the record books."

Perhaps the most difficult jewel in Judianne's crown will be her quest for the singles title. Judi practices singles about 85% of her court time. "I think alot of singles play helps with my doubles, but unfortunately I am basically a doubles player trying to play singles."

Judi has won a singles' championship, in 1975 against Cindy Root Baker, and she has also been in the finals six times. "I believe if I am going to win the title I will have to beat Cheryl Carton. I have been working a great deal on my strategy."

Looking back at Judianne's career you find a player who is extremely talented and well-rounded. She holds 9 different National titles. The only honor left for Ms. Kelly is to win the 'triple crown', "I've been so close so many times, I'd really like to do it this year."

"I kept a record of how many points in practice people scored against me and I made a promise to myself that I was going to make the average four points. Through that Fall, no one scored more than four points against me." In preparation Stan played four days a week, four to five games a day or more, for fourteen or fifteen weeks.

His hard work paid off. In the Fall try-outs of 1966, Stan beat everyone he played, and again, the average number of points scored against him was only four.

Stan was 25 at that time and things were going pretty well. He had made the U.S. Thomas Cup Team, he felt he was playing the very best of his life and he was in shape and ready to go to Indonesia for the tie. However, the road to Indonesia was not easy.

Stan went to Michigan for the U.S. Nationals. In his first match he didn't stretch or warm-up properly. Stan stepped on a metal plate on the floor, fell, and severed all four muscles on the back of his thigh—the hamstring muscles.

"It didn't hurt that much, but I took one step and fell over flat." This was three months before he was due in Indonesia for his first Thomas Cup Match. "I thought, 'oh my God, I've lost my chance.'"

Nevertheless, with the aid of rest and numerous whirlpool baths, Stan finally made it. He felt good enough to begin playing about three or four weeks before Indonesia. And, although he was sore after playing, he was able to make the trip.

Playing for the United States Thomas Cup Team in Indonesia was a major highlight in Stan's distinguished badminton career. Although no player on the U.S. team won any matches except for Jim Poole, it was a very memorable experience.

"Somehow that had been the ultimate ideal—to play as a representative of your country," states Stan.

"In Indonesia it was just like everyone said it would be. We were absolute national heroes during the time we were there. From the day we stepped out of the airplane, there were press photographers following us everywhere asking for interviews and taking pictures.

"We'd come out of the elevator in the morning and there would be 60 schoolgirls in uniform surrounding the elevator, waiting for us to sign autographs. This went on every day for two weeks. I had to sign at least 60 autographs before breakfast," remembers Stan. "it can go to your head pretty quick."

Stan also played on the 1970 Thomas Cup Team and was a member of the 1973 squad. He didn't play on the '73 team because, at 31, "I was too old by then." Stan did coach the 1976 Thomas Cup Team. He was also on an informal U.S. team that played in Calgary, Canada in 1968, and on the U.S. Devlin Cup Co-ed Team in Canada in 1971. He was the manager of an informal American squad of twelve that went to England a year and a half ago. Perhaps Stan's most notable accomplishments were in 1970 and '71 when he was the United States National Singles Champion. He also made it to the finals in 1972 at the age of 30.

Consistent with Stan's modest attitude, he downplays all of these achievements.

"I really only won, I must be honest with you, because Jim Poole, who had been a champion for nearly 10 years, had decided to retire. Almost everyone knew if he really wanted to train and come out, he probably could have beaten me and everyone else, even then. Yes, I'll admit that he was a superb player—far better than I ever was."

Coincidentally, Stan's wife Diane was the National Singles Women's champ in 1971. Stan considers winning the Men's Singles twice as another major highlight of his career,

particularly because his wife won the Women's Singles in 1971 as well.

Stan and Diane played mixed doubles together from the time they started going out until a year or so after they were married. The mixed doubles didn't work out too well, though. They never made it to the finals of Nationals. In 1969 and '70, they were both playing well enough to make the finals of the Singles, but were not quite playing well enough to get to the mixed finals.

"The mixed doubles semi-finals were always played before the singles finals," explains Stan. "We'd play in the semi-finals, lose, and then get mad at each other because we were not quite able to get to the finals. Then we'd have to go out and play our singles immediately after that. It just wasn't working out. So, we just stopped playing mixed doubles together."

"The stony silence was no fun," notes Diane.

In 1972, however, they decided there was no better time to go to the All-Englands, since they had both won their respective singles titles in 1971. They played mixed doubles there and did quite well. Stan lists the All-England in 1972, which was essentially the World Championship, as yet another high point in his career.

"I fully expected to get blown out entirely because I knew I wasn't internationally strong, compared to the really good people. I don't know how it happened. I was lucky, I guess. I won two matches, got to the final 16 and then lost," Stan modestly explains. "In most tournaments that wouldn't mean anything, but to me, getting to the round of 16, I could really say that one year I was playing in the top 16 of the world."

Stan describes his style of play as basically defensive and patient, with a bit of deception.

"I generally beat people by keeping the bird going and letting them

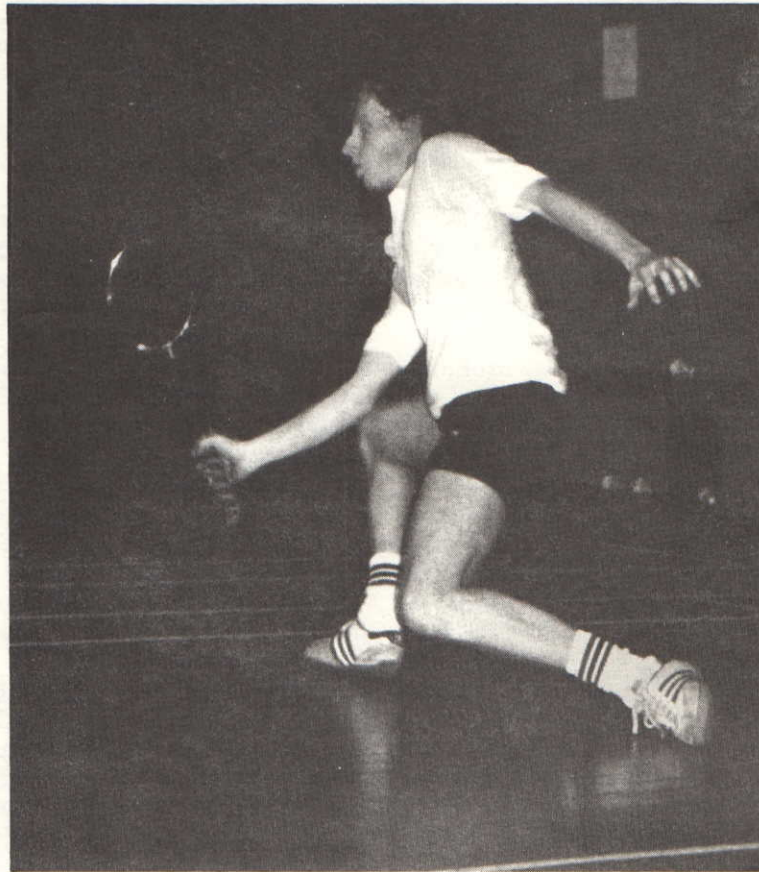
A Quick Badminton Tip

How can you make yourself a better singles player with just one additional shot? Learn the "cross court smash block". Note the photograph of Gary Shelstad, Thomas Cup doubles player, correctly executing this shot.

To execute this shot:

1. Contact should be made in front of your body.
2. Keep your racket head above your wrist.
3. Watch the shuttle contact the racket.
4. Contact the shuttle with a stiff wrist and direct it cross court.

This shot is particularly effective when your opponent smashes straight ahead from deep in his backcourt. You should angle your smash return toward his far sideline in front of the short service line. If your return is not an outright winner you should get a weak enough return so you may attack and win the rally. Caution: this shot is only effective when hit quickly. If the bird floats it will allow your opponent time to reach the shuttle.



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make mistakes. But, I help them make those mistakes by getting to the bird very quickly, keeping it away from them and using enough deception to keep them off balance."

"I wasn't big enough or strong enough to play a really devastating attacking game at all. I could just attack with the quickness of my shots, just enough to keep them off balance."

Stan also benefited from seeing and playing against foreign players in his college years. He would pick and choose the best shots from them which, he believes, made him a more sophisticated player at an earlier age.

"My backhand showed that. Of all the shots I had, that was probably better than anybody's in the country. It was the result of seeing good Europeans, especially Danish players, hit backhands."

Stan was especially influenced by the Dane, Erland Kops and the Indonesian, Rudy Hartono. Stan watched Kops play during what Stan calls his own formative years, when he just got out of college.

"He was a master at the use of shot and body control. I copied him alot."

He also admired Hartono for his movement, the way he carried his feet and used his body around the court. He watched movies of Hartono once a week for two or three years. "I almost hypnotized myself to try and run like Hartono."

At 41, Stan's involvement with badminton is not what it once was.

He is not ranked anymore, but, "I would just as soon play and not worry about rankings." Stan is on the Board of Directors of the United States Badminton Association. He is also the Secretary of the U.S.B.A., the President and active member of the Pasadena Badminton Club, and the coach of the club team at the Claremont Colleges. Stan also umpires in international badminton tournaments. His first experience as an umpire was in Indonesia in 1967 when he was 25 years old. After being eliminated from that tournament, he umpired the following round before 10,000 people and television cameras.

"That calms you down," notes Stan. He still loves umpiring matches and watching top players in action, however.

"I am an absolute avid fan of the international game. I still get just as excited and enthused when watching first rate badminton as I did when I was a kid. I get absolutely bonkers when I see the game played well." In addition, Stan collects movies and video tapes of badminton players. "There are few people in the world who are more nutty about it than I am."

Stan's wife, Diane, is also enthusiastic about the game; they met through badminton when she was just eleven and he was seventeen. They were married in 1967, and have a daughter, Karen, age 14, and a son, Christopher, age 6. Karen grew up when Stan and Diane were very

active badminton players. Though she plays herself, she is not as wild about it as her parents. Christopher has grown up while Stan and Diane played less competitively and more for fun. He may follow in their badminton footsteps, but his true love is soccer.

Outside of badminton and work, Stan likes bluegrass music and plays a five-string banjo. He loves real country string-band music.

"If I had a second life, I probably would become a banjo picker with a bluegrass band," he states. Stan also likes backpacking and reads alot. He is addicted to mysteries and enjoys mathematical periodicals, newspapers and magazines such as the **Smithsonian** and **Time**.

Stan has a brother three years older who is also a mathematician. His brother's wife, like Diane, has a Master's Degree in Physical Education.

"It makes it convenient to get together; we have the most natural basis for communication and that's been marvelous," Stan says. "We made an unwritten, unconscious, never-really-acknowledged deal that I would always beat him in badminton and he'd always be a better mathematician."

We'll have to take Stan's word about his brother's superiority in equations and logarithms, but there is no doubt Stan has kept his part of the bargain when he steps onto a badminton court.

"Let's Warm-Up"

By Patricia Cane

Probably the most neglected part of competitive badminton is the warm-up. Most competitors feel that going on the court for five minutes of hitting the bird around is sufficient warm-up. This attitude often contributes to slow, unaggressive play in the beginning of the match, and/or injuries such as tennis elbow or shoulder tendonitis.

Your body needs a minimum of 20 to 30 minutes to warm-up properly. This warm-up time allows the body to switch from a resting metabolism to a strenuous activity metabolism. It should start slow and work to a high pitch.

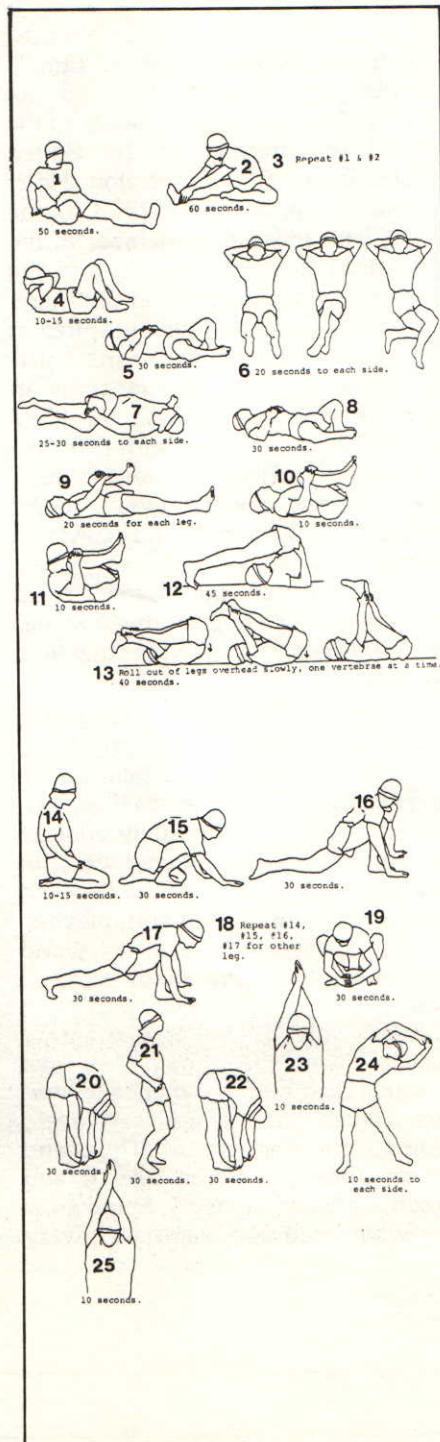
The following beneficial physiological changes of warm-up are:

1. Neural transmission increases, resulting in an increased speed of muscular contractions and quicker reaction time.
2. Cell metabolism increases followed by greater oxygen consumption and a decrease in the build up of lactic acid.
3. Lung circulation increases due to a decreased resistance in blood flow.
4. The cartilage at the ends of bone go through some changes that enable them to withstand the greater stress of activity.

TYPES OF WARM-UP

There are two types of warm-up; passive or active. Passive warm-up includes warming-up areas of the body with various modalities such as hot packs, hot showers, or diathermy, prior to exercise. For example, a Player with a troublesome shoulder or tennis elbow might use hot packs for 20 minutes before going out on the court to do active warm-up exercises.

Active warm-up is divided into two categories; general and specific.



General warm-up brings the total body temperature up, and helps to warm-up all the muscle groups by increasing the flow of blood to these muscle groups. Effects can last as long as 30 minutes.

Specific warm-up aims at certain muscle groups or certain activities. For example, this might include forehand and backhand clears.

THE WARM-UP PROCEDURE

1. Start with a **complete** stretching routine. There are 25 different stretches diagrammed. This whole procedure will take 20-30 minutes.
2. Jog in place, easy, for approximately 5 minutes. Get your heart rate up passed 100 beats/min. Sweating should start to occur.
3. Now go out onto the court and work on all your shots, but start easy. Clears should go no further than half court, the first 20 hits, then go $\frac{3}{4}$ court clears, etc. until you feel that it is taking relatively little force to accomplish a full court clear. Do the same with backhand and around the head shots. Try to do as many different strokes as you can. At the same time you are hitting, work on foot work and leg warm-up. Instead of standing in one spot and hitting, move up and back, right side and left side as the bird is flying in the air to your opponents side, then back to center court to retrieve the returning shot.

When you start your match you should be sweating, your pulse should be 120-140 beats/min. and you should feel completely loose.

You should now be mentally and physically ready to attack your opponents shots rather than simply trying to retrieve them to stay in the game until your body and/or mind is warmed-up.

How to Keep Watching the Bird with Both Eyes

Suggestions for Eye Protection

Nicholas Salapatas, O.D.

As with anything, an ounce of protection is worth a pound of cure. This article will discuss different lenses, frames and accessories available to protect your **only** set of eyes, as well as, first aid and warning signs.

The use of impact-resistant lenses (safety lenses) is a relatively recent phenomenon. There are basically three types of impact resistant lenses available: glass, plastic, and laminated lenses.

Hard resin lenses (plastic) offer the wearer much greater eye protection than glass lenses. A plastic lens will scratch easier than a glass lens, but with a little care a plastic lens will be as serviceable as a glass lens. For example, always clean your lenses under cool water and wipe with a soft cloth. Remember, never set your glasses' front surface down. These are a few tips which should help relieve possible scratches.

For the badminton player, I would recommend a frame which is strong, resilient and yet light with some sort of padding and strap to keep them in place. These frames are generally made of high impact plastic or nylon which makes them both flexible and

durable. Metal eyeglass frames are now available in a verilium copper alloy which makes them quite light and extremely strong (these frames will never turn green, no matter how acidic your skin is).

Now that you have chosen a frame and lens type which best meets your needs, and you are ready for action, you will want to keep your frame in place so it will not fly off and break, leaving your eyes vulnerable. Elastic straps, in many forms, are available at drug and optical stores. When adjusted properly they will work well and are cheap insurance for your eyeglass investment. If you are an active person, on and off the courts, comfort cable temples (the part that goes over the ear) are worth considering. The comfort cables tend to keep your glasses in place better than conventional temples.

Now that we have discussed eyeglass selection, it is important to be aware of eye emergencies. Should someone get something in the eye, try to wash it out. If that does not work, go to the nearest emergency

room. Removing even the smallest particle from the eye is important, negligence can eventually result in distorted vision.

If you are hit with a shuttle on or around the eye, it is possible that your lens inside your eye may be jarred loose, or the nerve layer in the back of the eye may be detached. Either of these conditions, if not quickly or properly treated, can easily result in the loss of vision in the eye. If you note any distortion in the eye (i.e. straight doorways seem curved, black spots in front of the eye, rings or halos around lights), have this condition checked immediately by your eye doctor. If you must wait for an appointment, forget it! Go to an emergency room because time is of the essence. Many good eyes have been lost by waiting for an eye appointment with a busy doctor.

In conclusion, the proper protection of your eyes is a wise investment. Obviously, safety lenses have not impaired Kareem Abul-Jabbar's performance as a basketball player, and they should not hurt yours on the badminton courts.

Continued from Page 9

	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	
	1	2	3	4	5	
Indoor Court		Pacific L.T.	Futura	Smash	V-3	Copenhagen
	4	3	3	2	2	1 Retail Price
	5	4	3	4	4	3 Light Weight
	1	3	4		3	2 Shock Absorption
	2	3	3	3	4	4 Durability
	16	17	17	17	18	13 TOTAL

WORD-A-FIND

Hey folks, look what we have here ... something to do on those cold winter nights after doing your shadow drills.

Yessirree, oh fun of fun---it's a word find! All the hidden words relate to the topic of **badminton**, how did you

guess ... So look alive, send out those search parties and start circling! Answers will be in next issue.

A	L	E	C	A	L	E	O	H	S	R	A	E	L	C
B	E	N	G	A	Y	K	R	O	W	T	O	O	F	R
S	W	I	N	N	E	R	G	O	Y	D	A	R	B	O
U	O	I	C	R	P	U	R	E	N	N	U	R	N	S
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T	M	O	E	R	T	H	O	M	A	S	C	U	P	U
U	A	P	T	E	R	R	K	C	E	L	E	S	E	R
S	G	E	E	C	D	D	S	N	I	G	G	I	H	T
E	I	M	N	I	T	R	I	K	S	Q	R	A	R	E
L	L	A	E	V	O	L	E	V	R	E	S	O	R	K
I	U	G	C	R	Y	R	U	J	N	I	P	L	E	C
K	C	O	C	E	L	T	T	U	H	S	P	Z	B	A
H	S	A	M	S	E	E	F	Y	R	T	N	E	U	R

Ace

Entry Fees

Shuttlecock

Higgins

Skirt

Gamepoint

Brady

Smash

Thomas Cup

Carton

Service Return

Crosscourt

Runnerup

Cletus Eli

Winner

Compete

Racket

Linesman

Serve

Footwork

Gut

Uber

Shoelace

Sport

Clear

Net

Loser

Trophy

Injury

Ben Gay

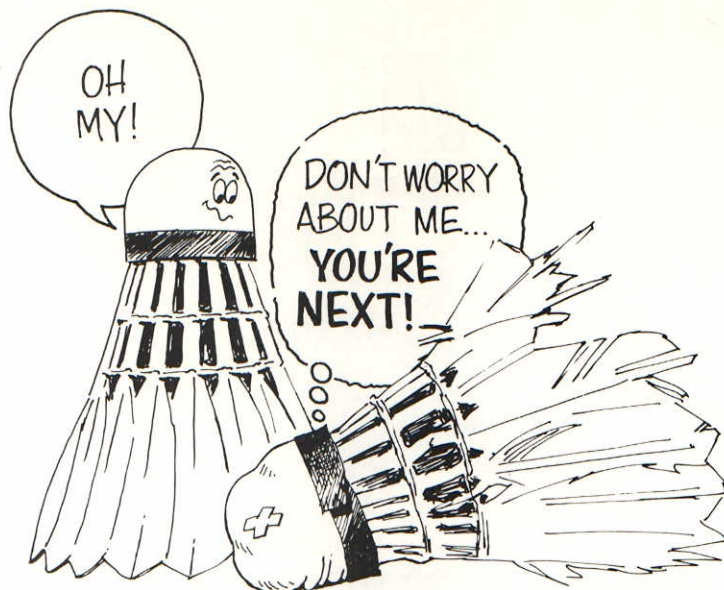
Ligament

Match

USBA

Shower

Loveall



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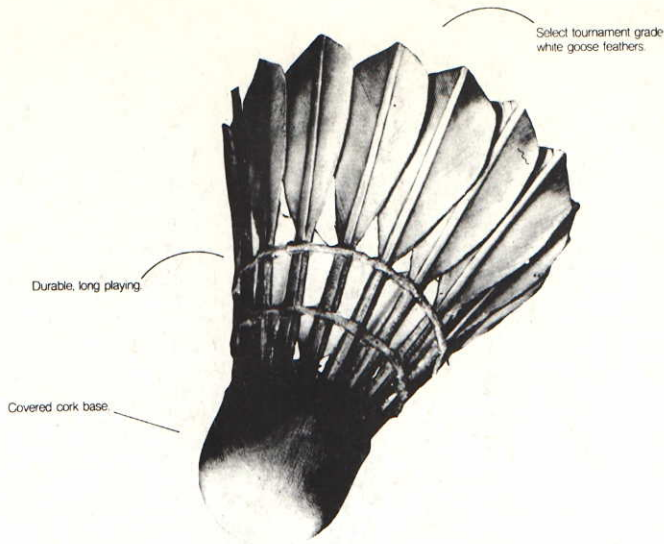
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