

The

BADMINTON

MAGAZINE

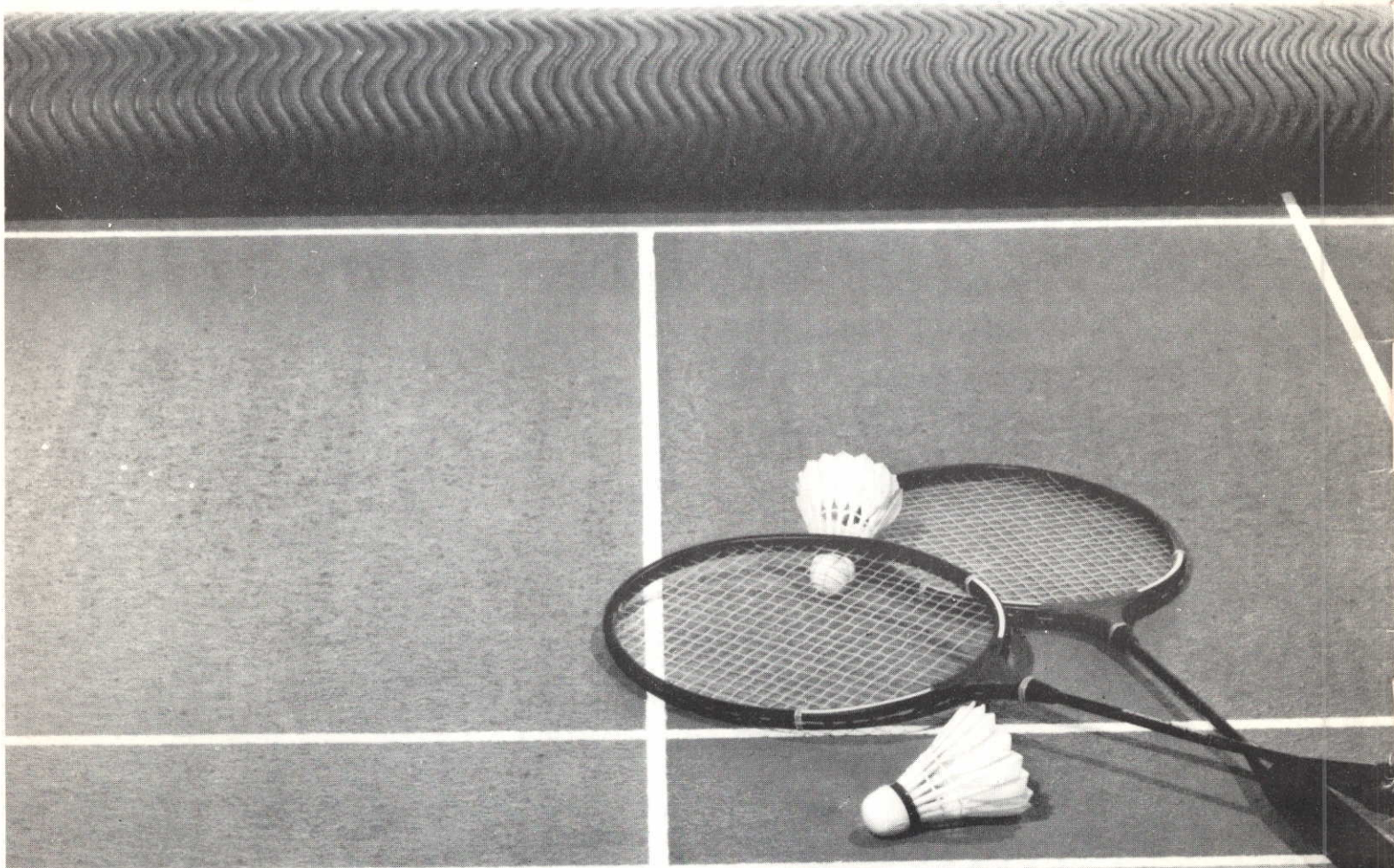


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Editor's Comments...

A funny thing happened on the way to the printer—we got the magazine there!

I don't mean to imply that the torrential rains battering Southern California could ever stop me, but as with all "novices", we have lots to learn! Our April issue was a definite learning experience. Though a poor choice in printers was made, the staff felt satisfied that we were successful in presenting the U.S. badminton scene in a professional light. Heaven knows our sport and players need some recognition! Our post office box received favorable comments, but we are now asking for your input.

Most would agree there is a definite **lack** of communication between the badminton player in Hawaii, Michigan, Nebraska, California, or New York... how does one find out information? **The Badminton Magazine** would like to become your "line" of communication. It is our hope to establish a "Badminton Forum", a portion of the magazine devoted to comments, complaints, questions, article suggestions. Haven't any of you ever wondered why there is no T.V. coverage of U.S. Nationals on network television? Why a small country like Denmark can have over 80,000 members in their national organization and we have only 2,500? How do some players get sponsored? How can I get a badminton scholarship? I know you folks have been holding back all these years—we're ready.

Anyway, since our last issue of **The Badminton Magazine**, exciting things have been taking place in our badminton world.

U.S. Nationals are a thing of the past. The tournament was run with a professional flair and a new men's singles champion was crowned. Mr. Cletus Eli, perennial backbone of the U.S.B.A., has stepped down. A U.S. Open has been planned and you are receiving your second issue of the magazine!

The staff would like to thank all of you who have been so supportive and subscribed to **The Badminton Magazine** and ask "why the heck haven't you" to those who have not!!

Cassandra Sophia Salapatas
Editor-In-Sane

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U.S. Nationals



Cheryl Carton of San Diego, CA and Rodney Barton of Palo Alto, CA, 1983 U.S. Singles Winners.

Junior Events:

One hundred and nineteen juniors from across the country assembled to participate in the tournament. HL Sports sponsored this event by donating shuttles and \$500.00 travel money for Boy's and Girl's "18 and Under" singles winners.

Junior girls, Julie Moody (NY) and Lisa Little (WA) became triple crown winners in their respective age groups. "15 and Under" Boys Doubles, Charlie Gianetti (MI) and David Root (NY) upset both the #1 and #2 seeds to claim their first national title. Chris Jogis (CA) became the new "18 and Under" Boy's Singles champ and Joy Kitzmiller (CA) regained her "18 and Under" singles title as she defeated Cristi Cook (CA) in three games.

Adult Events:

The Adult finals were held Saturday, April 2. The Adult tournament was sponsored by General Sportcraft. Sportcraft generously donated all shuttlecocks and approximately \$6,000.00 in prize money. It also should be mentioned that Supreme Courts were used during the entire tournament providing an excellent and attractive playing surface. It is interesting to note that all winners, except Pam Brady, are from California.

Women's singles, doubles and mixed doubles finalists faced the same opponents as last year. Judi Kelly (CA) made another bid for a triple crown but Cheryl Carton (CA) retained her national title by defeating Judi 11/4, 11/8. The '83 Nationals saw two new faces to the women's singles semi-finals. Joy Kitzmiller (CA) played powerfully to defeat #4 seeded Pat McCarrick (NY)

The 44th annual National Championships saw approximately 300 participants (juniors, adults, seniors, masters, and grand masters) gather for the second consecutive year at the Indian Head Racquet Club in Countryside, Illinois. It was the U.S.B.A.'s hope, that by holding Nationals at the 1982 site, improvements in facilities and media coverage could be made resulting in a quality national event. Suggestions from last year were implemented, matches ran like clockwork (thanks to the efforts of Cletus Eli and Monty Roop) and media coverage increased substantially.

Senior Events:

Senior events began play on Saturday morning. Significant matches included the Senior Mixed Doubles final as the team of Tom Carmichael (MI) and Carlene Starkey (CA) beat Jim Poole and Vicki Toutz (CA), 11/15, 15/9, 15/7. Perhaps the biggest upset of the entire tournament was the unknown Scottish born, George Forbes (OR) defeating #1 seed Tom Carmichael 7/15, 15/8, 15/5, first round. Forbes went on to gain a victory, and the Senior Men's Singles title, by beating Jim Poole 15/10, 15/10.

Next year's senior events could prove to be even more interesting as Ray Park and Stan Hales become eligible for senior events.



(Top Lf. to Rt.) BOONE, LITTLE, BRANDT
(Bot. Lf. to Rt.) McADAM, WOODWARD

"13 & Under Winners"

- Boy's Singles-** Darell MacFarland (CT)
Lisa Little (WA)
- Girl's Singles -** Paul McAdam-Mark
- Boy's Doubles -** Woodward (MA)
Lisa Little-Debby
- Girl's Doubles -** Brandt (MI)
John Boone (CA) -
- Mixed Doubles -** Lisa Little

★★★



(Top Lf. to Rt.) FLEXER, GOLDSTEIN, GIANNETTI
(Bot. Lf. to Rt.) MOODY, HARDGRAVES

"15 & Under Winners"

- Boy's Singles -** Michael Flexer (CA)
- Girl's Singles -** Juliann Moody (NY)
- Boy's Doubles -** Charlie Giannetti
(MI)-David Root (NY)
Julie Moody-Jennifer
- Girl's Doubles -** Hardgraves (NY)
Joel Goldstein (MI)
- Mixed Doubles-** -Julie Moody

★★★



(Top Lf. to Rt.) HUGHES, LEE, DERNBACK, KITZMILLER
(Bot. Lf. to Rt.) JOGIS, BERKS, RUBIN

"18 & Under Winners"

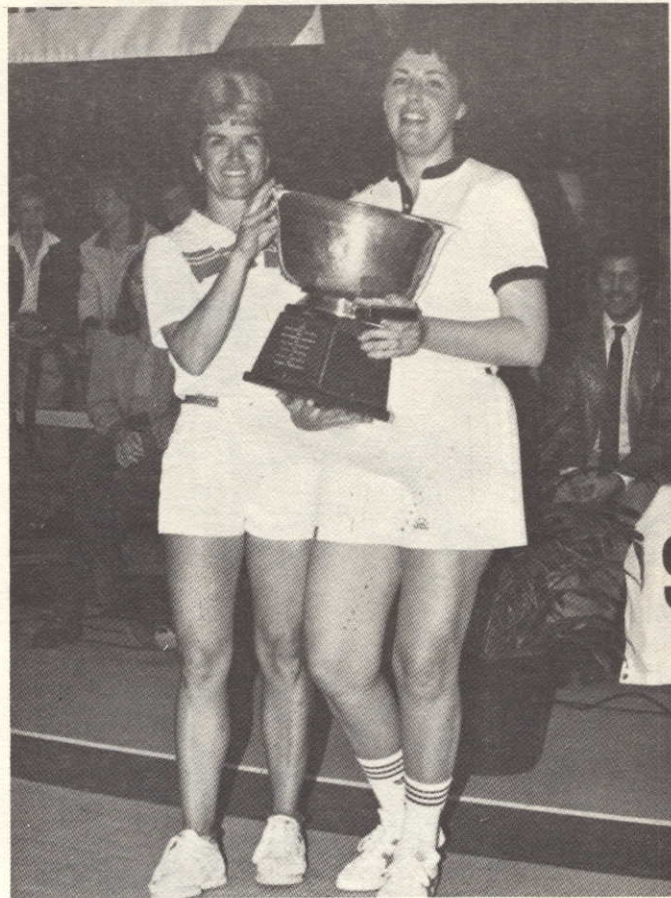
- Boy's Singles -** Chris Jogis (CA)
- Girl's Singles -** Joy Kitzmiller (CA)
- Boy's Doubles -** Alex Berks - Paul
Rubin (CA)
- Girl's Doubles -** Patty Dernback (PA)
-Mary Fran Hughes
(DC)
- Mixed Doubles-** Benny Lee (CA) -
Mary Fran Hughes

★★★

and Claire Choo (IL) had to play excellent badminton to defeat Mary Fran Hughes (DC) in the quarter finals to face Ms. Kelly.

Pam Brady (MI) and Judi Kelly demonstrated their dominance in U.S. women's doubles by crushing Nancy Narcowich and Monica Ortez (CA) 15/3, 15/4 to win for the third straight year. Mike Walker and Judi Kelly (CA) avenged last year's defeat to regain their mixed doubles title from the husband and wife team of Danny and Pam Brady (MI). With their sixth title, Mike and Judi become the record holders for this national event.

Men's doubles was dominated by a healthy John Britton (CA) and a superbly consistent Gary Higgins (CA). Britton-Higgins easily defeated Danny Brady and Mike Adams 15/5, 15/4 to win the men's doubles title for their second time. John and Gary's toughest matches were in the quarters and semi's when they beat Barton-Jonatan 15/5, (AZ) 15/5, 17/14 and Fogarty-Pontow (MA)-(IL) 15/8, 6/15, 15/8 respectively.



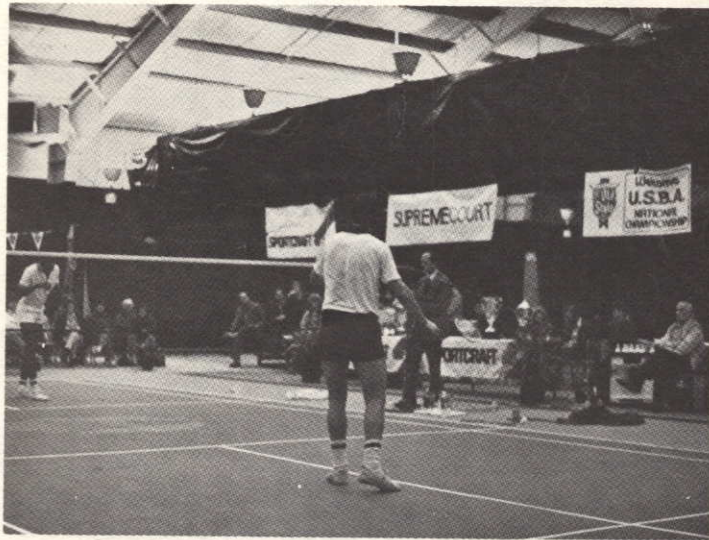
Third straight doubles title for the almost undefeatable Judianne Kelly and Pam Brady



Avenging last year's loss in the winner's circle are Gary Higgins and John Britton



In the record books at last! Walker and Kelly capture the mixed title.



Action during the men's singles final.

Men's singles ushered in a new generation of champions, as Rodney Barton (CA) captured the title with his devastatingly powerful smash and his youthful exuberance. Danny Brady, after a quick start, was unable to match Rodney's speed or accuracy and succumbed 15/10, 15/9. Other noteworthy performances from younger players include Tony Alston (CA) semifinalist, Solamain Jonatan (AZ), Martin French (IL) both quarter finalists, and Chris Jogis (CA) round of sixteen. The strength of future Thomas Cup teams will depend on the progress of these young players.

There is an excellent chance that the '84 Nationals will again be held at the same site. This arrangement should allow for increased media coverage and greater spectator potential. Achieving these goals, will allow the U.S.B.A. to attract increased corporate sponsorship.

Ken Davidson Award Winners...



Cheryl receiving award from Jim Poole during ceremony at National's tournament.



Alex Berks (age 18) accepts congratulations from Hester Hill of Oregon.

Perhaps the most prestigious award any badminton player can receive is the Ken Davidson trophy. This year Cheryl Carton (adult) and Alex Berks (junior) were recipients of this honor.

This award is dedicated to the memory of Ken Davidson, an internationally renowned player and coach. This award was established in 1955 by the American Badminton Association in Ken Davidson's memory.

Cheryl and Alex, were selected by their peers, as players who exemplified the attributes of sportsmanship and dedication in helping badminton. Cheryl is most deserving of this award. She is one of the few "top" players who dedicates her energies toward the growth and development of the sport.



Rodney Barton, Men's Singles Champion

Last Year's Junior Champ Goes All the Way in '83

Rodney Barton played his first U.S. Nationals at the age of 12. According to Rodney his first championship was not too auspicious, "I played terrible! I lost my first round and was out the second round in consolation." Circumstances have changed quite drastically in eight years for Rod. This year Barton beat Danny Brady in the finals to become one of the youngest reigning American single's champions in our history.

Rod is from Palo Alto, California, where he first became aware of the sport through Len Hill's junior program. Barton is the youngest of four brothers and sisters, none of whom play. Currently he is a second year on scholarship student studying Marketing and Business at Arizona State University where he is a member of Merle Packer's badminton team.

Campus life is now a little different. His National's trophy is housed in the showcase at the Physical Education Building and after some articles were placed in a few local papers Rod has received some public acknowledgement.

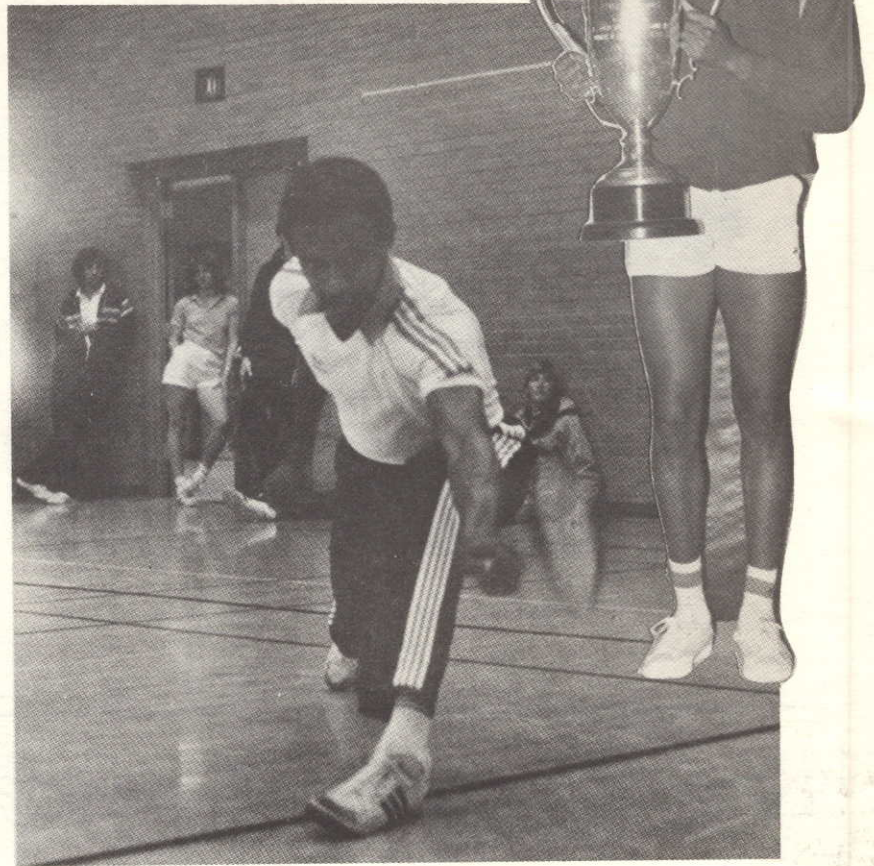
He is somewhat of a mini-celebrity on campus, often being recognized by students and teachers.

Rodney felt the difference in his game this year was his ability to forget about the crowds. He does not remember

when he overcame this fear, but he feels it certainly affected his play during last year's semi-finals loss to Gary Higgins. "I had such a fear of crowds, they were my worst opponents. Now I just concentrate on the scorekeeper."

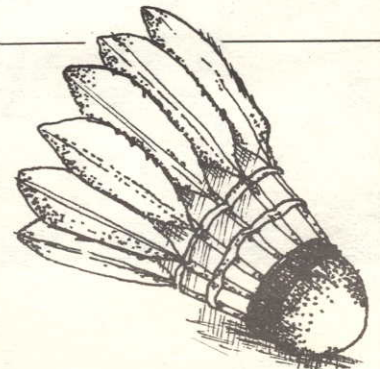
Rodney feels a little let down after Nationals, "I won, but now what?" Rod has great interest in playing some international tournaments. "I feel the potential is there but I lack the experience." Rod realizes being National Champion will give him more opportunities to receive invitations to tournaments.

Rodney says he would love a "crack" at Chris Kinard. He has never had the chance to play him. "He is one of the few American players who has had a great deal of international experience."



Rodney's plans for the summer include a little badminton, a few summer classes, and a part time job. If the opportunity for some foreign travel/play occurs he is ready and willing.

Our congratulations are extended to Rodney Barton. He is fine badminton player, an excellent sportsman, and will be a first-class representative of United States, Badminton.



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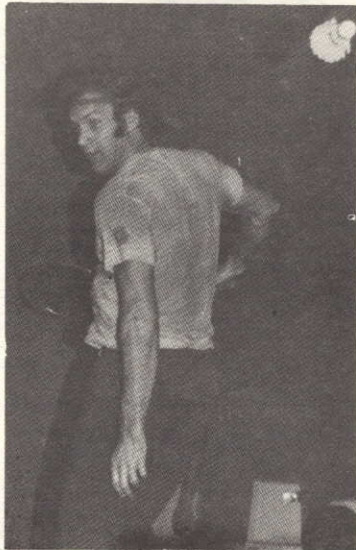
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The Badminton Magazine

Top 10 U.S. Men's Singles



Higgins



Alston

The following review is a selection and recap of the Top 10 Men's Singles players in America for the 1982-83 season. The rankings are the sole opinion of the publisher of **The Badminton Magazine** and in no way reflect the decisions of the U.S.B.A. ranking committee. The tournaments used for ranking consideration were:

1. California Davis Tournament
2. S.C.B.A. Gran Prix I
3. Lyons Tournament
4. Arizona Invitational
5. Pacific Southwest
6. Western States Open
7. S.C.B.A. Gran Prix III
8. Arizona Open
9. New England Open
10. Dave Freeman Tournament
11. California State Championships
12. Mid-Atlantic Championships
13. J.P. Open
14. U.S. Nationals

* Extra emphasis was placed on the New England Open, the Dave Freeman and the U.S. Nationals when considering rankings.

#1 GARY HIGGINS - Although Higgins lost in the semi-finals to Brady

at Nationals, he had his most consistent year ever as a singles player. Higgins won 4 of the 6 tournaments he played and lost only to Barton and Brady throughout the entire season. By winning 2 of the 3 major tournaments (Freeman and New England Open) he was selected as our #1 player.

#2 RODNEY BARTON - Barton also had his best season ever. He won 4 of the 8 tournaments he participated in, reached finals in 3 others and lost in the semi's at the New England Championships. Barton lost to only 3 players all year; Higgins, Pat Tryon (Canada) and Munson. Barton came on strong at the end of the season by winning his last two tournaments including the National Championships.

#3 TONY ALSTON - Alston only played 3 U.S. tournaments all year, but was victorious in 2 of them. The remainder of his season was spent participating in overseas tournaments. His only loss came to Barton.

#4 DANNY BRADY - A runner-up to Barton at Nationals, Brady is ranked #4. He won 1 of the 4 tournaments on the list and lost in the semi's to Higgins



Brady



Jonatan



Hussey

names the 1983

Players

at the New England Open and in the quarters to Walker at the Dave Freeman.

#5 SOLAMAIN JONATAN - Jonatan played in 7 tournaments during the year, reaching the finals once, the semi's 4 times and the quarters twice. His losses were to: Barton, Higgins, Munson, and Guy Chadwick. Jonatan beat Walker at the Cal State Championships and Hussey at Nationals.

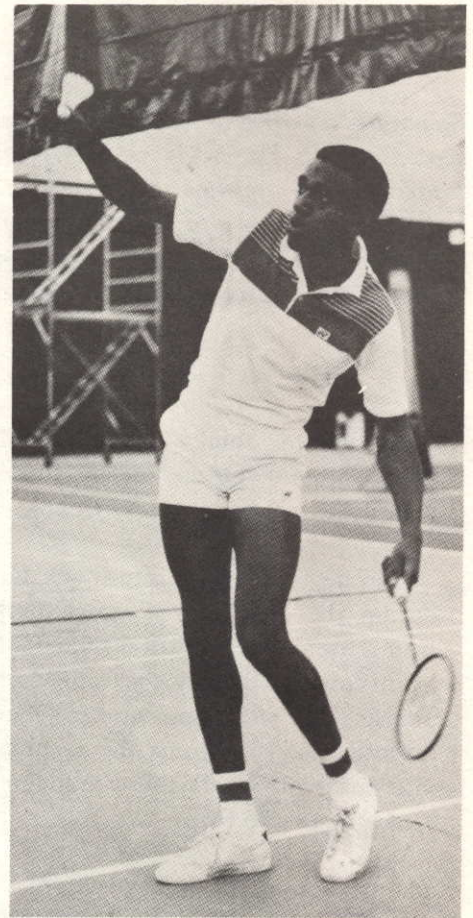
#6 KEVIN HUSSEY - Hussey played only 3 tournaments on the list. He lost to Higgins at the New England Open and Jonatan at Nationals. Hussey did reach the finals at the Mid-Atlantic Championships where he eventually was defeated by Brady.

#7 MIKE WALKER - Walker reached the finals in only 1 of the 6 tournaments he entered. He was defeated in the semi's 3 times and the quarters twice. Walker beat Brady at the Dave Freeman and Jogis at Nationals. Walker lost to Barton, Alston, Jonatan, Brady, and Chadwick during the season.

#8 MIKE ADAMS - Of the 4 tournaments Adams played, he reached the semi's twice and the quarters twice. During the season he lost to Barton, Higgins and Hussey.

#9 CHRIS JOGIS - The Junior National Champion had an outstanding year. Jogis reached 2 finals out of the 7 tournaments he competed. He lost in the semi's once, the quarters 3 times, and in the round of 16 to Walker at Nationals. His other losses were to: Barton, Higgins, John Britton, and Munson.

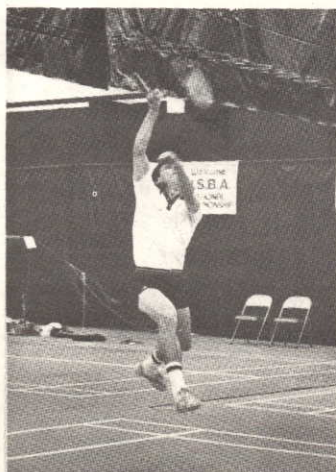
#10 MILES MUNSON - This is the first season for Munson to break into the top 10. His best tournament of the season was his win at the Arizona Open. He defeated Jogis, Jonatan and Barton along the way. Munson is the only other American player to beat Barton this year besides Higgins. In the 7 other tournaments he played, he reached the semi's twice, the quarters 3 times. He lost in the round of 32 at Nationals to Gary Shelstad. The other players to defeat Munson were: Higgins, Jonatan, Jogis, Walker and Adams.



Barton



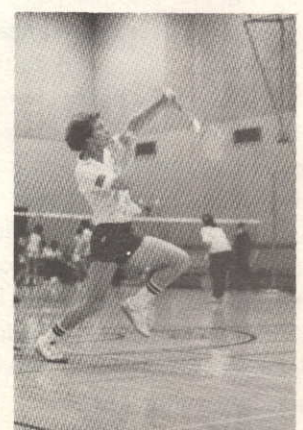
Walker



Adams



Jogis



Munson

Doubles Defense

Sombat is a native of Thailand. He came to the United States in 1966. He holds a B.A. degree in Business Administration and has taught at Cal State University, Long Beach. He is a private badminton coach and is the past team coach of the Uber Cup squad. "Som" has a great interest in promoting badminton in this country.



Most players think doubles is all "smash", but if you can't **defend** smash your game will be in serious trouble.

The strategy of doubles is to attack, but during the course of a match both teams, for a percentage of the time, will be on defense. Usually, the team which attacks the most and utilizes good defensive skills, will be the eventual victor as they have the ability to counter attack more effectively.

There are two basic defensive formations used for doubles: *The Sideline Defense* and the *Alley Defense*.

Sideline Defense:

The Sideline Defense is a formation in which the player defending the straight smash steps all the way to the sideline. This allows him/her to choose to defend backhand or forehand. For example, in the even court the player has to defend only from his backhand side. Your partner's duty would be to cover the center line with his hips square to the shuttle. He should also be closer to the net than the sideline player. The defensive team should move as a single unit adjusting their position to the depth and angle of the shuttle.

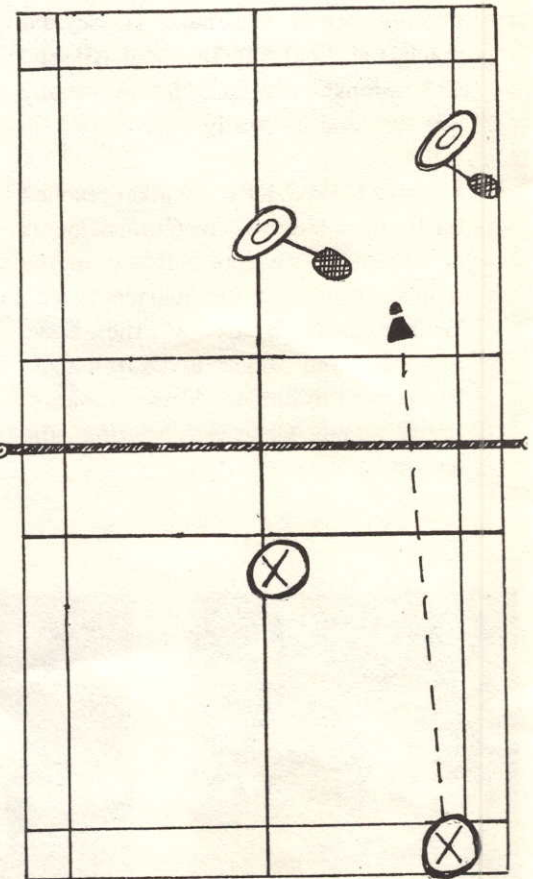
ADVANTAGES of the Sideline Defensive formation:

- 1 - Consistent and simple defensive stroking patterns.
- 2 - Forces the opponents to hit the sidelines and other low percentage shots.
- 3 - Less confusion between you and your partner. There is a minimum overlapping of court coverage responsibilities.
- 4 - Excellent for stabilizing the beginner's and intermediate's defensive strategy.

DISADVANTAGES of the Sideline Defensive formation:

- 1 - Defensive returns are predictable.
- 2 - Attacking team is not forced to move much in the back court.
- 3 - Defense will be less aggressive, body position does not allow for straight person to counter attack too effectively.

In the next issue we will discuss the more advanced defensive formation called "Alley Defense."



A Bit of Badminton History..

By: Diane Hales

Though I have always loved the sport of badminton, my respect and understanding of the game greatly increased after completing my Master's thesis, "A History of Badminton in the United States from 1878 to 1939."

*I will be sharing some of the highlights of my book in future issues of, **The Badminton Magazine**. At times, I will stray from my paper and deal with events that occurred after 1939. If any readers have information to be shared please contact me. The more information that is known, the better for our sport!*

Who was the first person to grab some feathers, stick them in a cork and start tapping the projectile around? The answer to this question is unknown. However, we do know that badminton's forerunner, "battledore shuttlecock"

has been in evidence for hundreds of years.

Battledore shuttlecock required players to have feathered projectiles (shuttlecocks) and rackets (battledores), but no court boundaries or nets as does the modern game of badminton.

The game was played in a variety of forms.

The game was often used as a means of divining the future. The number of times a shuttlecock was hit in one consecutive series might indicate how many years one had left to live, perhaps how many children one would have, or whatever the participant wished to discover. This game was often played by one person. The way I am hitting the bird these days, I am happy I don't have to determine my longevity through battledore shuttlecock!

Battledore shuttlecock was also played by two people. Players either tried to keep the shuttlecock in the air as long as possible, or they attempted to cause the opponent to miss.

Two variations of competitive battledore shuttlecock are mentioned in **The American Boy's Book of Sports and Games**, written in 1864. One game involved but two players, the loser being the one who allowed the shuttlecock to hit the ground. The other game involved five or six players who would number off 1, 2, 3, 4, 5 and 6. Numbers 1, 3 and 5 composed one team while numbers 2, 4 and 6 composed the other. The shuttlecock had to be hit in order by number 1, then number 2, number 3, and so on. The person who missed his/her turn would be out. The team which had one or more players left after all the other players on the opposing team were out was declared the winner.

It seems that badminton could be an outgrowth of these competitive forms of battledore shuttlecock. When the shuttle hit the ground in the old game, it naturally would give cause to wonder which player was at fault. Did the last person who hit the shuttle not hit it hard enough, or did his opponent simply fail to reach it? Court boundaries would provide an easy solution to this problem. I believe the more sophisticated game of badminton was created in this manner.



Portrait of Master Stephen Crossfield The Metropolitan Museum of Art, Victor Wilbour Memorial Fund, 1965

Ms. Hales holds a Master's degree and Teaching Credential from California State University, Pomona, California. Diane was the 1971, U.S. Women's Singles Champion and also the U.S. Women's Doubles Champion in 1973, 1974 and 1975. Ms. Hales resides in Claremont, California with husband, Stan and daughter, Karen (age 13) and son, Christopher (age 6). Other interests include hiking, cross country skiing, reading, and travel.

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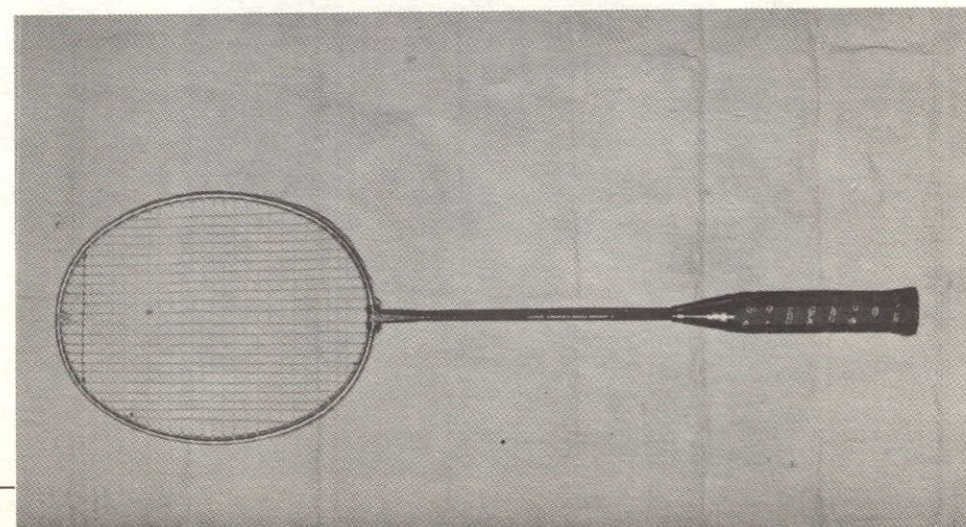
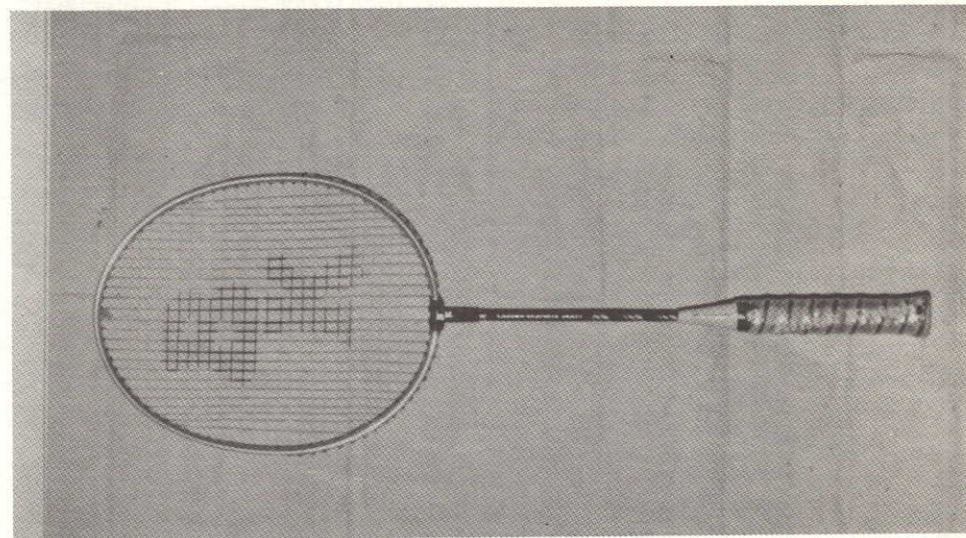
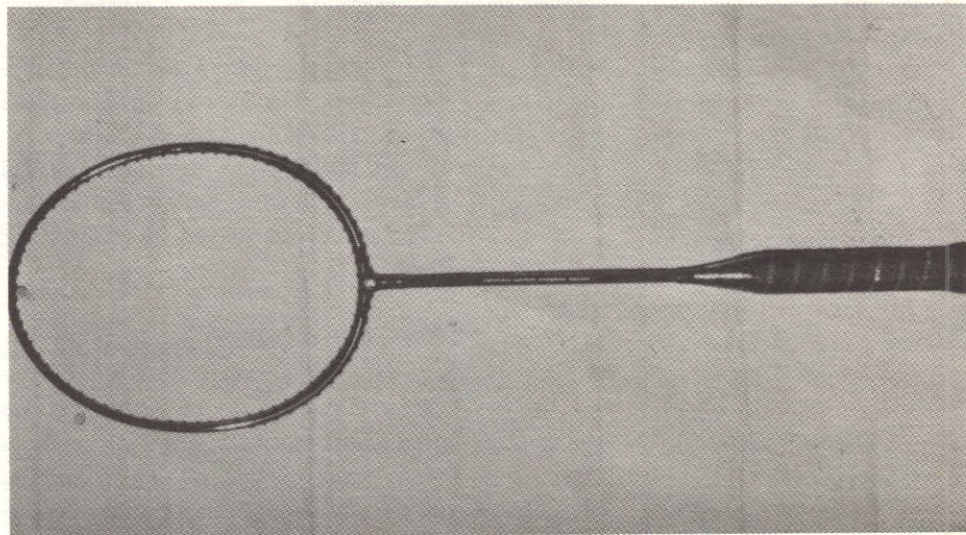
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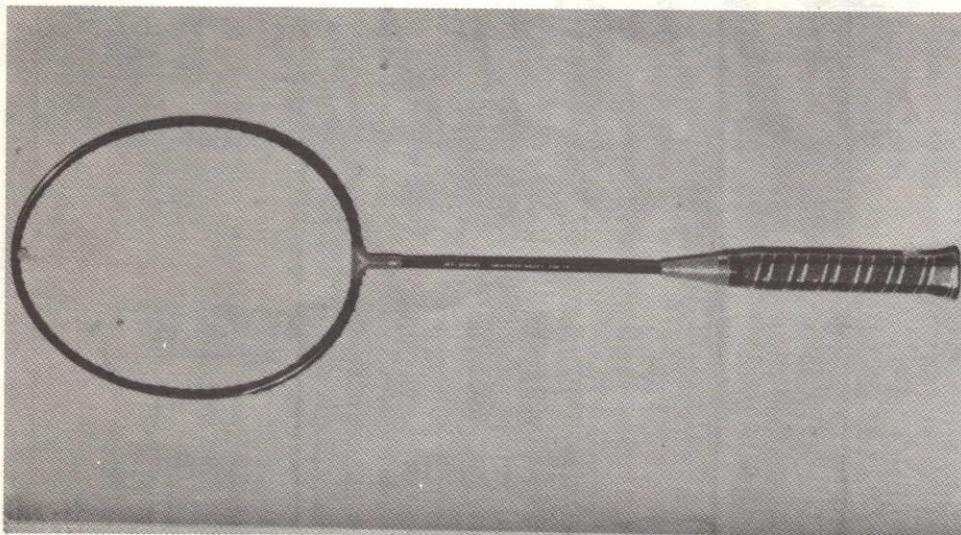
Carlton Classic

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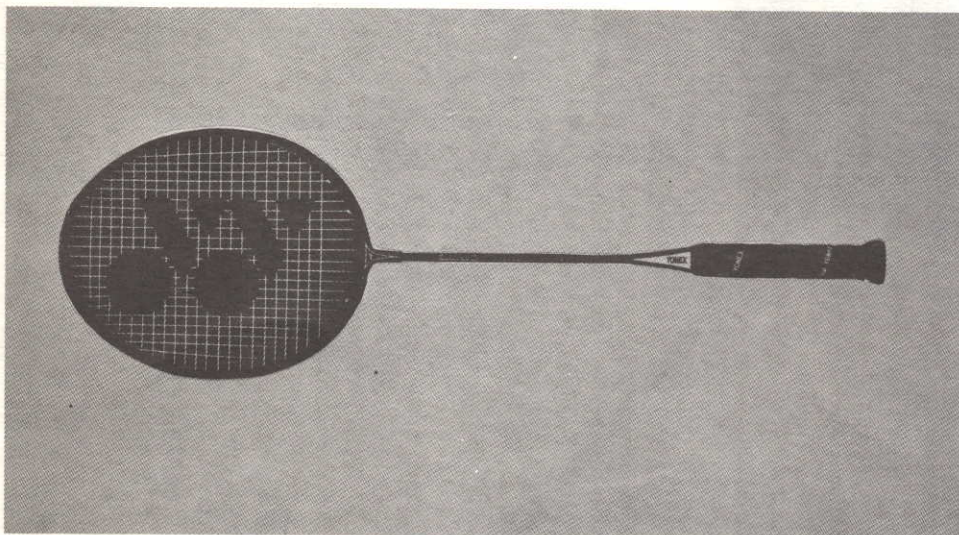
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A graphite shaft with an aluminum head provide a proven winning combination. A choice of flex 17 or flex 18 enable the player the opportunity to match the racket to their game. Engraved for exceptional touch while providing extra power for the average player. Deep purple color with silver lettering. Weighs 95-99 grams with an 11" balance point. Available in 3-3/8", 3-1/2" or 3-5/8" grip. Purple racket cover included.

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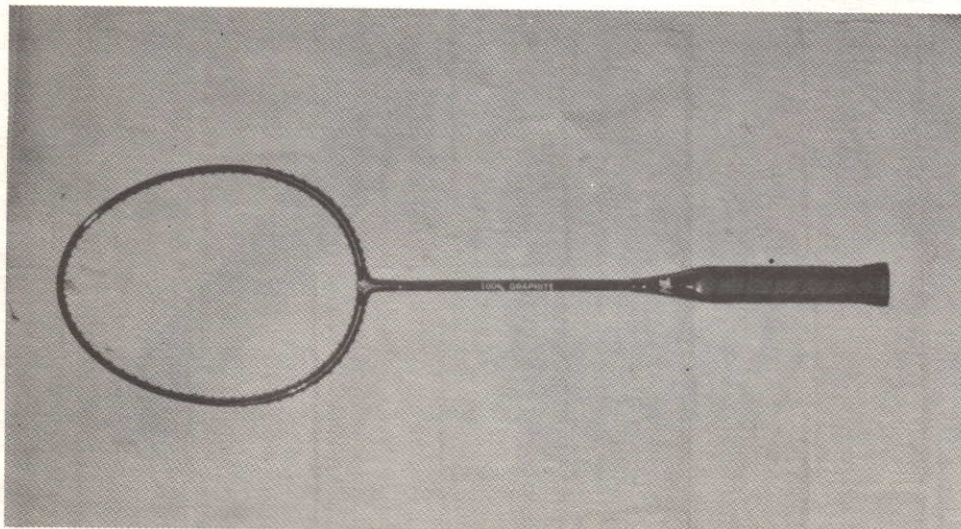


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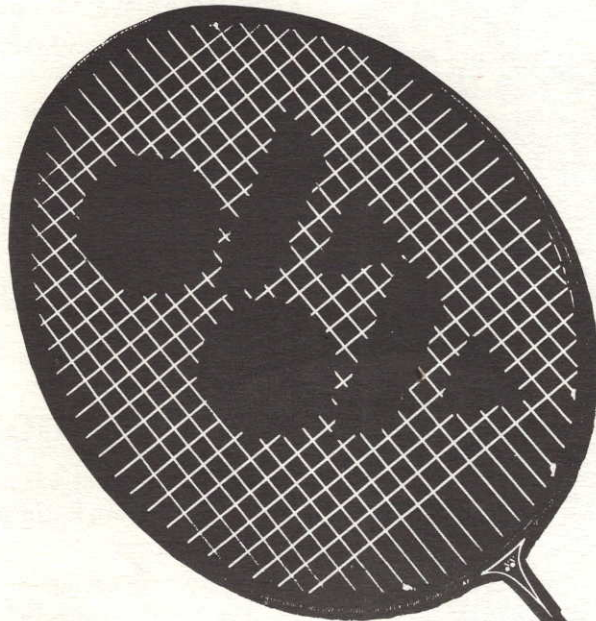
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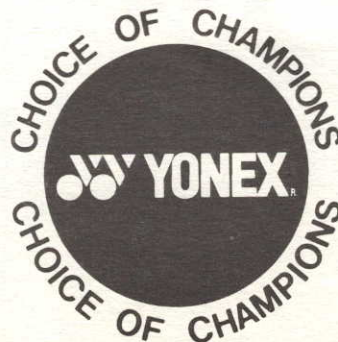
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These two hints will improve your quickness when contacting the shuttle. This quickness results in more pressure placed upon your opponents.

Badminton Over 40 ... You Bet!

In recent years, people of all ages have been extremely interested in physical fitness. **Time** magazine reports billions of dollars are spent on health clubs, vitamins, weights, sport clothing, all for the purpose of finding a recreational or competitive activity that is not only fun but physically enhancing. The search seems to start at the tennis shop, or racketball court, or some even take to the streets, but continued to be overlooked by many is **badminton**.

Badminton can be a particularly attractive sport to the "over 40" group as it is not only an enjoyable pastime but has many beneficial factors. The skill level required for badminton ranges from simple across the net rallies to fast hard fought games. The individual "over 40" can achieve any of these levels given motivation and experience.

To simply rally does not require a great amount of skill, therefore, many months, numerous dollars, and tedious lessons are eliminated. Having a friendly game becomes quickly possible. This has been evident for years at the neighborhood backyard barbecue. An attractive aspect of badminton is the ability to immediately hit the bird rather than chasing the "mis-hit" tennis ball. As badminton

rallies are more continuous than a tennis rally, this allows players an opportunity to utilize strategy for the proverbial "kill" rather than foot speed.

For a player just getting involved in badminton, equipment costs can vary greatly. From the \$7.50 badminton set at the local drug store to the expensive \$100.00 super-doooper racket. Plastic birds can be used or the feathered shuttlecock.

For an individual, court access is readily available through high schools, colleges, and private clubs. The cost ranges from "free of charge" to \$4.00 per hour. The time of a typical two game match varies from 20 to 40 minutes, which allows a great deal of court turn over.

Badminton is a sport in which a person "over 40" can have success competing against individuals 20 years younger. This is not to demean the younger player, but illustrates that the competitive "aging" athlete can still find victory on the court substituting "brains for brawn". Other racket sports tend to have a detrimental effect on old knees, ankles, elbows, and the older athlete can injure himself out of competitiveness. Not so in badminton. This sport has a very low injury rate as reported by Dr.

Don Paup in **Sports Medicine Digest**.

As we pass the 20's and move into the 30's, many people look for an activity that can improve their physical well being. Badminton rallies can raise the heart rate to 100 and even over 180 in the well-fit individual. Raising your heart rate allows for the beneficial aspects (stress reduction, lower resting heart rate, weight reduction) of exercise to take place. As we get older, our bodies are inclined to lose flexibility, especially if we remain inactive. Badminton requires the **entire** body to flex, extend, bend, stoop and generally move in all directions which is so necessary to maintain proper muscular strength and flexibility. Unlike many other racket sports, a great deal of strength is not necessary. Hitting the bird with great speed requires more technique than power.

For the recreational player or the "aging athlete" who seek a fast moving, endurance activity, badminton should be on the top of the list. It is one of the world's most popular sports and it is not difficult to understand why after watching on the sidelines or being out on the court.



An Interview With John Britton

By: David Pallack

John Britton is a man who likes to have fun. He throws jokes around his conversation as much as he smashes shuttles around in a badminton game. He is as likely to hit a bird at the tournament desk as he is to drop it over the net.

"I play all sports for fun, it's just the way I play them," he says. "If I don't have fun I won't play."

Instead of practicing long hours to perfect his badminton game, Britton, who is from Scotland, has spent his time enjoying other sports. These include soccer, rugby, tennis, water polo, cricket, and others. His parents encouraged sports diversity, even when he was an excellent tennis player at age 15 and had been invited to play at Junior Wimbledon in England.

"They never attempted to turn me into a 'tennis only' robot-type you see in this country," he says. They still encouraged me to play cricket and water polo, even though I was the Scottish Junior Tennis Champion."

Although a press clipping from that time stated 'Britton is the victim of his own versatility - - - at the moment he plays too many sports to reach the top

in any...', he refused to limit himself. And he still doesn't. Nevertheless, between soccer games, college and high school referee assignments, and two coaching jobs, Britton has won many major badminton titles. He is the current U.S. Men's Doubles Champion along with Gary Higgins. It is the third time for Britton, who has also won numerous men's and mixed doubles titles not only in the U.S. and Scotland, but in Ireland, England, Holland, Mexico and the Pan American games.

"They never attempted to turn me into a 'tennis only' robot type"

He represented Scotland in about 25 international badminton matches from 1972 to 1976, and played on the U.S. Thomas Cup Team in 1979 and 1982. In Scotland he won junior national titles not only in men's and mixed doubles, but singles, too. He no longer plays singles competitively.

"I'm too old and too lazy to play singles

-- it's no fun, he says smiling. I stopped playing singles when I reached puberty and discovered the female form."

Britton excels in other sports. In 1977 he played soccer with the L.A. Aztecs, a now defunct professional soccer team.

"I played an exhibition against them and scored 3 goals, he recalls, so the coach asked me to come on down." He spent the whole year with the team and though he did not travel or play in any league games, he did practice and play in pre-season games.

He now plays for Torrance United in the Southern California Pro Soccer League, a team which includes several former Aztec players, and a team which made the final round of the U.S. Open Cup. He also plays rugby for the Santa Monica Rugby Club, a top U.S. team.

He coaches both soccer and badminton at Mira Costa High School in Manhattan Beach, where he is also a substitute teacher, having received his California teaching credential in 1980. As if that was not enough, he is also the coach of the men's and women's badminton teams at U.C.L.A.

Although U.C.L.A. recently cut the badminton budget from \$9,000.00 to \$100.00 per year ("which buys us six tubes of birds"), and though he does not get paid for his coaching services at Mira Costa either, he continues because he enjoys it, the students are so receptive.

"They're really neat kids, really neat teams, really neat students," he says.

His students seem to feel the same about him. "He's a fun guy and he's personable and we're all like a family, says Shelly Pettit, a sophomore on the badminton team at U.C.L.A. He's a very lighthearted guy who has lots of friends."

Celeste Ferrer, also a sophomore on the U.C.L.A. badminton team, agrees. "You can be open with him and he'll take it in and understand... he's really good to talk to and be around."

They like him as a coach as well. "As a coach he's fun, full of life, says Ferrer. He's willing to help you if you're willing to help yourself, but if you don't really care that much, he's not going to push you."

As a college student at Jordanhill College in Scotland, Britton competed in a variety of sports. He made second team All-British Colleges as a water polo goalkeeper, our U.S. equivalent to an All-American.

"We won the British Colleges one year and my club team in Scotland were Scottish Champions for a number of years - that's 'cause we had great swimmers, not due to the goalkeeper, he modestly says. I used to have to wear an aqualung on my back," he adds with a grin.

Britton graduated in 1973 with a degree in Physical Education and taught high school in Scotland for 3 years. He

continued to play semi-pro soccer, badminton, tennis, cricket and pretty much all sports as he had in college. After his second year of teaching he began coming over to the U.S. during the summer to coach tennis. He conducted tennis camps in New York, New Jersey and the Pennsylvania area and played a few tournaments as well.

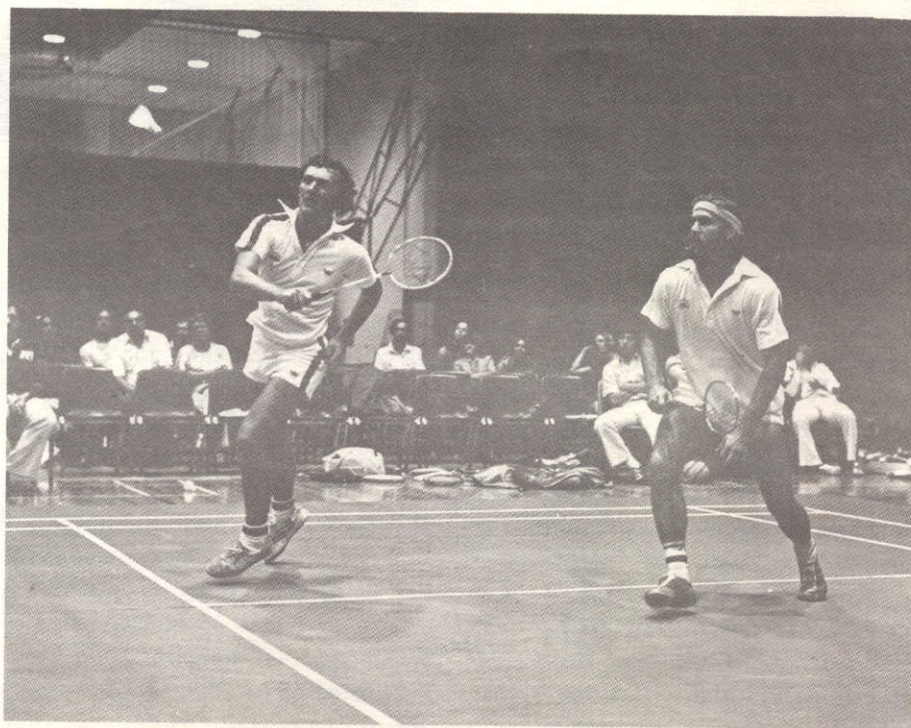
Britton first came to the west coast in 1975 for 5 or 6 weeks to play in a badminton tournament. He stayed with the McKinnons, a Scottish couple who played badminton and owned a bar called the Loch Ness Monster.

"I really liked what I saw in the six weeks I was out here and found I could earn money refereeing and playing semi-pro soccer and working in the pub. So I went back (to Scotland) and taught for another six months and said 'to hell with this,'" says Britton. He came back to Los Angeles and has lived here since.

In spite of his involvement in other sports, Britton has been active in promoting badminton. He has run tournaments, put on coaching clinics and given exhibitions. He was the catalyst in starting and organizing the California Grand Prix circuit, based on his badminton experiences in Scotland and England.

"When I came over here, there were tournaments which some of the top players would go to and some wouldn't. There was no set tournament, except the State, where all the top players would get together and play. It just depended on the time of day and whether or not they wanted to go," he explains.

"In England they nominated five tournaments as major tournaments and put up a little bit of prize money, gave a little point thing so you had league tables, standings, rankings, so that gave



Britton and Higgins displaying their winning doubles style.

you a lot of incentive to enter the tournament and do well. So to make California tournaments more interesting, the S.C.B.A. (Southern California Badminton Association) set up five tournaments; one in the North, one in San Diego, the State being the last one, and two wherever else, so that the top players hopefully would go to these tournaments and gather points and at the end of the year, whatever money we had in the kitty, would be divided."

He also arranged the AM-CAN trophy, which was to be an annual event, played one year in America and then the next in Canada. The event took place for two years, but then Britton and the U.S.B.A. had a falling-out, and the tie did not continue.

"U.S.B.A. Rift"

Britton turns serious when he speaks of the U.S.B.A. He feels they have not treated him fairly. In the 1981 World Games (sanctioned by the I.B.F.) in San Jose, California, Britton felt the U.S.B.A. did not act properly in selecting the team. Although he was chosen, he left the tournament because of the way the U.S.B.A. handled other player selections.

"I left, I didn't cuss or swear, I just left. They're quite right when they say I didn't tell the tournament director, cause I didn't want to talk to the guy," Britton says. He did tell a U.S.B.A. director that he was unhappy and someone else could play doubles for him. "Three days later I got a letter from the U.S.B.A. saying I was suspended for a year from international tournaments," Britton says. He wrote a letter to each of the 11 U.S.B.A. board members and requested a hearing. Executive Director, Cletus Eli, wrote Britton a letter telling him the

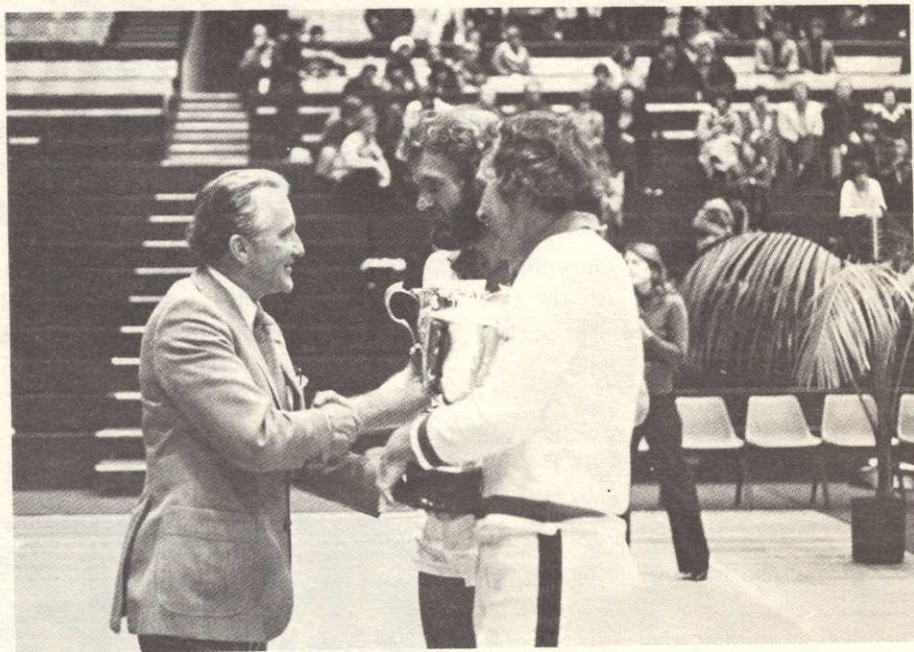
suspension stood, but that the subject might be taken up at the next U.S.B.A. meeting which was over two months away. Britton spoke to a lawyer, who contacted the board, and they lifted the suspension. However, Britton was not given notice that the suspension had been lifted, though he was selected to the next Thomas Cup Team.

"I feel the U.S.B.A. handled the whole thing in a very unprofessional and amateurish way," remarks Britton.

President, thinks the board reacted so strongly because of the spotlight of international competition of the Games. "I think the situation was blown out of proportion by both sides," she says.

That incident seems to be the only low spot in a sports career filled with achievement. Britton has a hard time choosing his badminton highlights.

"It's tough, there's been so many good



Britton accepts the trophy from the Scottish Open as a representative from America.

According to Stan Hales, a member of the U.S.B.A. board, Britton's departure reflected badly on the U.S.B.A. because they had selected him for the World Games, and the U.S.B.A. had no obligation to Britton regarding team selection.

Britton is upset because he feels the U.S.B.A. did not and has not taken such action against other athletes who have left other teams or tournaments. In fact, he says, sometimes they have supported those athletes with letters to the tournament director.

Cheryl Carton, U.S.B.A. Vice-

things that I don't know if there's any highlight." One highlight he lists is the first time he was selected for Scotland's International Badminton Team. "I was lucky enough to get capped when I was really young. I played my first international for Scotland when I was 18 or 19, one of the youngest ever."

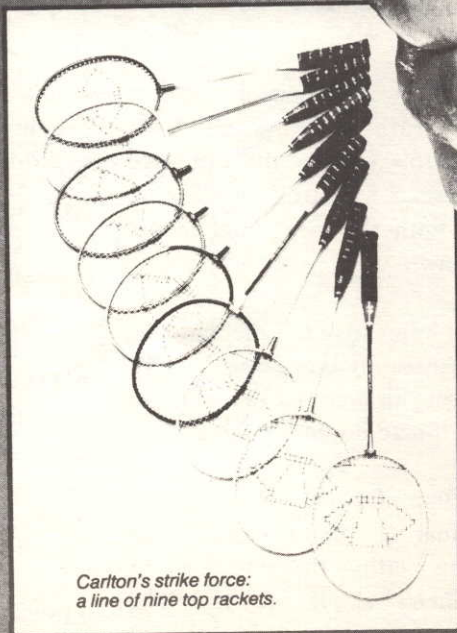
He also sites his selections to the national team of the U.S., his "adopted country", especially when he played against Scotland. "It was great to go back with Gary Higgins about four years ago and win the Scottish Open as a representative American."

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Britton believes he inherited his athletic ability from his parents. His father was a good all-around athlete who excelled in rugby, soccer and cricket, and his mother was an excellent badminton and tennis player. She and Britton won the Edinburgh Charles Handicap Mixed Doubles, when he was just 13, another highlight, he notes.

“When you’ve had about 20,000 people boo you at a soccer game, two or three people in badminton’s nothing”

Britton credits his natural ability, rather than hard work for his success in badminton. “I have God-given talent to play the sport. Without practicing, without playing alot, I can be successful. That used to irritate people in Scotland and I’m sure it irritates people here that I really don’t practice or play, and I can still win,” he says. “It’s not my fault.”

Britton attributes his easy-going style in badminton to his ability to keep things in perspective.

“In some sports you get the home team going against you. In badminton tournaments you get the ‘home wife’ or the ‘home kids’ rooting against you. When you’ve had about 20,000 people boo you at a soccer game, then 2 or 3 people in badminton’s nothing,” Britton explains. “In soccer they throw beer bottles and things at you, and they hurt when they hit. A dirty glance from a spectator at a badminton game ain’t

gonna hurt you.”

His attitude also helps.

“I like to have fun. I’m really not trying to make the opposition feel bad. I never get nervous or uptight when I play badminton, I’m always so relaxed, he says. “My life doesn’t depend on it.”

Although Britton seems to feel it is time to settle down to a full-time job, ideally as a professional coach or teacher, his heart really doesn’t seem to be in it.

“I’m very happy doing what I’m doing. I’m not earning alot of money, but in certain areas I have some respect. I have fun playing soccer, rugby and badminton and all the other things. As long as my body’s still able to do it, I’ll keep on doing it.” Britton adds with a laugh, “one day I’d like to get a full-time job, but if it cuts into my sports life...”



Swede Captures Two Titles At '83 All-Englands

The prestigious All-Englands, held at Wimbly Hall in England, was highlighted this year by the explosive play of Thomas Kihlstrom of Sweden, who won both the men’s and mixed doubles crown.

It is indeed impressive to note that Mr. Kihlstrom lost only one game, in both events, during his matches. His one loss was to a Chinese doubles pair.

Neither Luan Jin or Morten Frost Hansen lost a game during the tournament, setting the stage for an exciting men’s singles final. The powerful Chinese women, as in the '82 All-Englands, dominated singles and doubles. The depth and strength of the

Chinese women’s team is indicated by the three game matches in both singles and doubles.

MS -Luan Jin (China) def. Morten Frost Hansen (Denmark) 15/2, 12/15, 15/4.

WS -Zhang Ailing (China) def. Wu Jianqui (China) 11/5, 10/12, 12/9

MD -Thomas Kihlstrom-Stefan Karlsson (Sweden) def. Mike Tredgett-Martin Dew (England) 15/10, 15/13

WD -Xu Ron-Wu Jianqui (China) def. Lin Ying-Wu Dixi (China) 18/16, 11/15, 15/6

MXD- Kihlstrom-Nora Perry (England) def. Skovgaard-Skovgaard (Denmark) 15/9, 15/11

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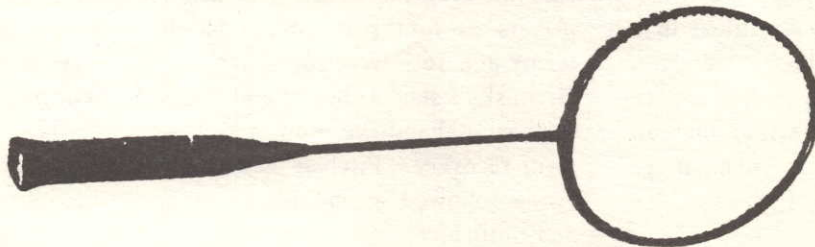
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What Foods Should I Eat During

To begin, let's try to understand some basic physiology. Your body, particularly your brain **MUST** have sugar (glucose) in the blood at all times. If you were fasting (not eating for 8 hours) your blood, and therefore your brain, would get it's glucose from what was previously stored in your liver. When your liver is depleted, glucose comes from your fat.

When you exercise, your liver does not play any role because the blood has been directed away from the gut (and liver) to the muscles. Like the liver, the muscles are also able to store glucose (called glycogen). When you exercise

the energy you need to move the muscles and supply glucose to the brain comes from the muscles themselves.

The idea that protein builds muscle and therefore athletes need more protein is **GARBAGE!** Now, back to what you wanted to read about, "what do I eat at a tournament?"

Ideally it is best to keep the blood sugar at the most optimal level so the **muscle glucose** will go for **muscle energy**. To do this, it is best to eat small snacks with readily available sugar (glucose preferably). Because sugar is so important to the body, the recommended daily diet should consist

of 60% carbohydrates (complex sugars), 25% fat, and 15% protein. This diet is not just for non-athletes but for every normal person including athletes.

Stay with foods high in complex carbohydrates and low in fat and protein. Candy bars are out because they contain alot of fat. Fruit and fruit juices are excellent sources of glucose and many are filling. Coke and other sodas are O.K. because they contain sugar but they are not good nutritional sources otherwise. Coffee and tea with sugar are also good. There is some talk that caffine helps mobilize fat which is stored into glucose. Nuts and raisins are

Conditioning Your Eyes

In this country, the recent growth of sports participation has resulted in a new branch of optometric services, "Sports Vision Training." This service is founded on the principle that all sports require good vision and hand-eye coordination.

Sports vision is an integral aspect of sports medicine today as coaches, trainers, and athletes themselves are now interested in conditioning the eyes as well as the body. Many professional baseball teams like the Kansas City Royals and Milwaukee Brewers are actively working with eye vision specialists in an attempt to improve their player's visual skills.

A new 2,000 square foot Sport Vision Center has been added to the San Diego Stadium which is open for the public's

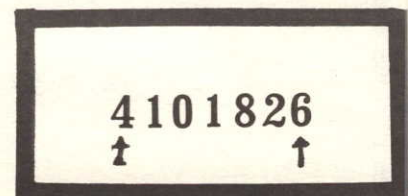
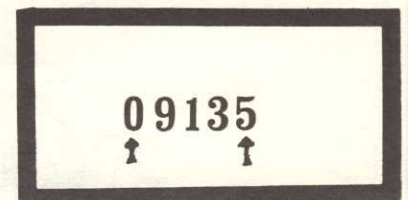
use. In 1982 the Center screened 177 players of four professional baseball teams and 16% were found lacking in visual skills such as height and distance estimation, hand-eye coordination, and glare recovery. Pitchers had the best vision followed by infielders, catchers and outfielders.

If you consistantly hit the bird with the edge of your racket rather than the strings, there may be a visual problem.

Having 20/20 vision is not enough. You should have a through visual exam which includes color vision, depth perception, light sensitivity and visual fields. The doctor you visit should consider the visual skills required for your sport.

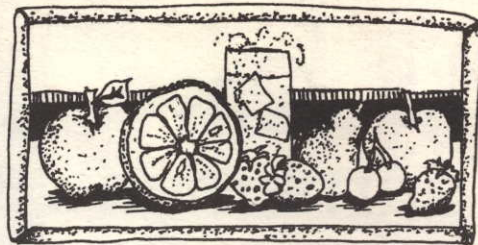
For example, peripheral vision is very

important for a basketball or football player. Better peripheral vision can be developed by the use of a **tachistoscope**. The machine creates a strobe affect as it flashes slides. The individual looks at the center of the screen and attempts to identify the first and last item of a series.



A Tournament

By: Patricia Cane



good, as is bread (no butter), rice and potatoes (not fried).

No matter what foods you choose they should be eaten at least **one hour** before a match and only eat small quantities at a time. If food with glucose is eaten too soon before a match the body will respond by producing insulin. The insulin has a tendency to reduce performance.

Listed below are a few ideas for tournament meals:

BREAKFAST - A very important meal, remember you have just fasted for

8 hours. If you have several hours before your first match eat a breakfast with complex carbohydrates such as waffles, pancakes, or French toast, but go easy on the butter and syrup. Have orange or grapefruit juice, coffee or tea. Stay away from egg dishes, bacon or sausages.

LUNCH - I would recommend during a tournament to eat snacks and skip lunch. The more snacks you eat the less hungry you will be for a full meal. Fruits (apples, bananas, oranges) and fruit juices are excellent and also filling. Nuts, sunflower seeds, trail mix are good, but watch the salt.

DINNER - If you are going to play the next day load up on the carbohydrates! Eat pasta dishes such as spaghetti, macaroni, etc. Watch the meatballs and fatty sauces. Bread or rolls, baked potatoes (light on the butter) are also foods high in carbohydrates.

I hope a few of these food ideas are helpful.

Bon Appetite!!

☆☆☆

As Well As Your Body

By: Nicholas Salapatas, O.D.

If numbers are used, you would determine the first and last number as the series of numbers got further and further apart. The slide is on the screen for one second or less. This machine not only improves your peripheral vision but can also increase your reading speed.

Exercises such as **saccadic fixations** will increase your speed of recovery (how quickly your eye can focus from one object to another), eye-hand coordination and peripheral vision. An instrument known as the Wayne saccadic fixator has been able to speed up the reaction time of a baseball player or a tennis player and improve hand-eye coordination after only a few hours use.

An excellent exercise you can use to develop visual concentration and hand-

eye coordination is, with your racket attempt to hit a sponge ball (Nerf Ball) in a darkened room with only a strobe light flashing. The concentration developed will carry over to the court. Try varying the speed of the flash--the fewer the light flashes the greater the difficulty.

I would also like to mention, six factors have been isolated which determine your athletic potential according to Marvin I. Clein, head of the Physical Education and Sports Sciences Department at the University of Denver.

- (1) How efficiently your body delivers O₂ to your cells.
- (2) Your body's dimensions which determine the sport you are best suited for.

- (3) The amount of power or strength (especially the legs).
- (4) The sensory feed back system (contributes to coordination and involves the ability to adjust the body quickly and accurately in response to visual clues).
- (5) Fluid intelligence (the ability to see relationships between parts and their whole and to interpret and solve problems).
- (6) Your ability to function under stress.

During the summer months I will be involved in working with some badminton players to see if and how much their hand-eye coordination can be improved. I will also cover other visual exercises which can help develop and improve the visual skills needed to play a sport such as badminton.

U.S. Open Tournament Planned...

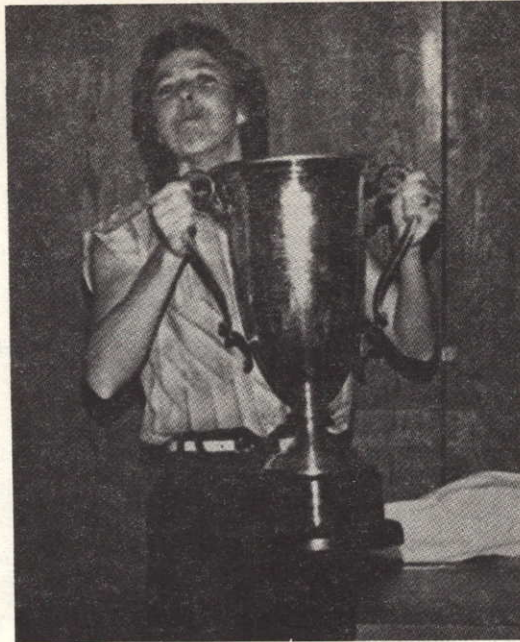
The U.S.B.A. recently announced that the United States will again be hosting a U.S. Open Tournament. Sanctioned by the I.B.F. (International Badminton Federation), the U.S. Open, formerly known as "The CPAir Tournament", will be held the third weekend in November (Nov. 18-20) at the Manhattan Beach Badminton Club in Los Angeles, California.

The U.S. Open will follow the Canadian Open (Nov. 4-6) and will precede the Mexican Open (Nov. 25-27). With these three tournaments, the I.B.F. will have a complete North American circuit.

The U.S. Open is being organized through the efforts of Mr. Wes Schoppe, who is extremely optimistic about the success of this event. "With the I.B.F. sanction I feel players participating in the Canadian Open will be encouraged to come down and play in ours". Tentative commitments include participants from Canada, Mexico, Peru, Korea, Thailand and Pakistan. At this time, Mr. Schoppe has received sponsorship support from CPAir, Black Knight, Supreme Courts, and Corsaro Distributors of Coors Beer.

For additional information contact:

Mr. Wes Schoppe
657 25th Street
Manhattan Beach
CA 90266
Phone: (213) 545-1238



Cheryl Carton tastes the "sweet nectar of victory" after her 4th national singles title.

Thomas Cup Note...

China, the defending Thomas Cup champions, have declined to exercise their right of hosting the 1984 championships. Instead, Malaysia will have the honor of holding the Thomas and Uber Cup final rounds in May and June.

The Thomas and Uber Cup were originally held every three years but now will be scheduled every two. The championships will be held together and will be run on a "best of five" games and not "best of nine" format as in years past.

Collegiate Flash

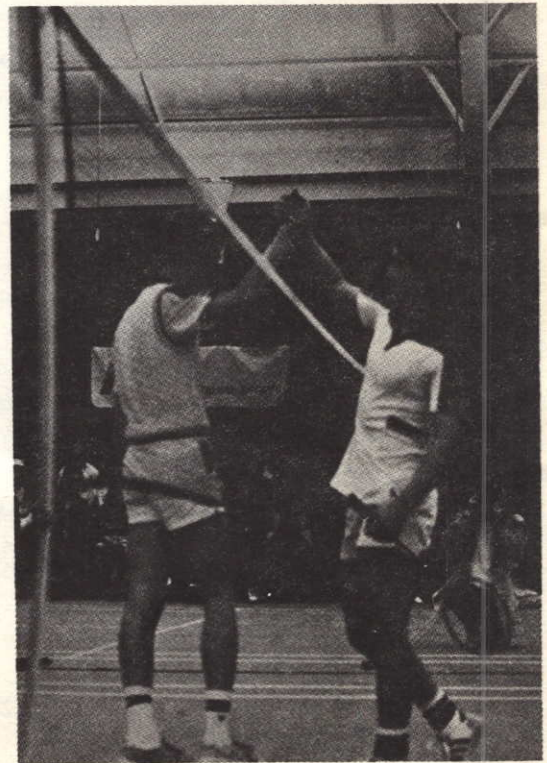
Collegiate Nationals were held April 14-16, 1983, at George Washington University in Washington D.C. Arizona State demolished the competition to easily take home the men's division title. The women's

division was a "horse race" which eventually saw the University of Wisconsin at Madison defeat A.S.U., 32 to 25. Singles winners were: Rodney Barton (A.S.U.) and Claire Allison (U. of Wis.)

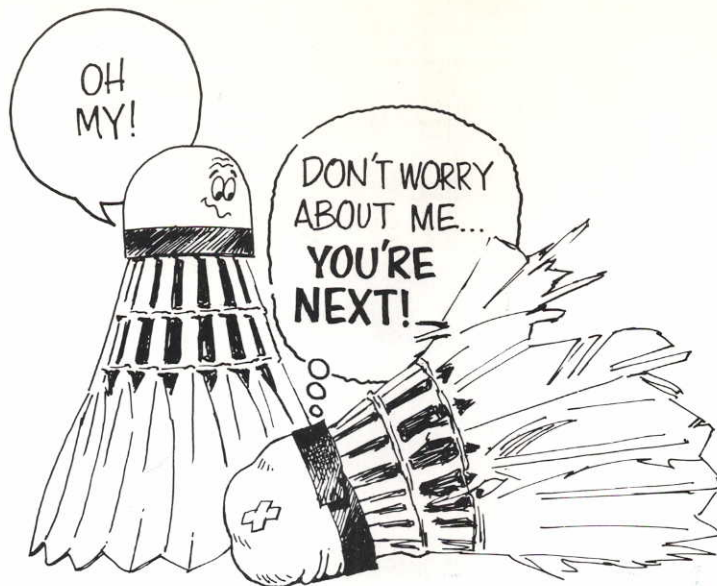
Future Tournaments:

For those of you who are interested in publicizing a future tournament, have your "buck" stop here. Yessirree, the next issue of **The Badminton Magazine** will include a tournament schedule and we know you want your event to reach the "right kinda" people. Just send \$2.00 for ink, paper, handling, etc. etc... with the NAME, DATES, EVENTS, and WHOM to CONTACT and EUREKA it will be included in our next edition... o.k.?

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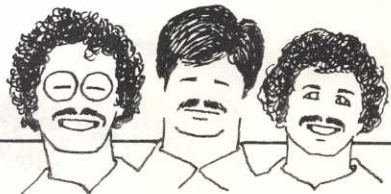
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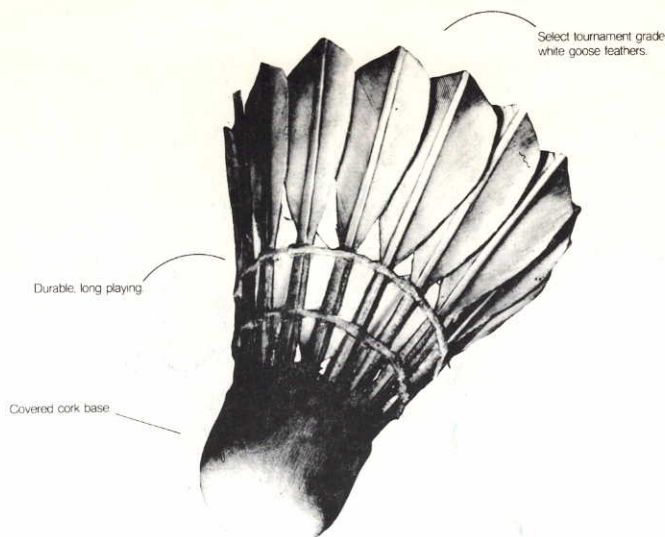
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