

The

BADMINTON

MAGAZINE

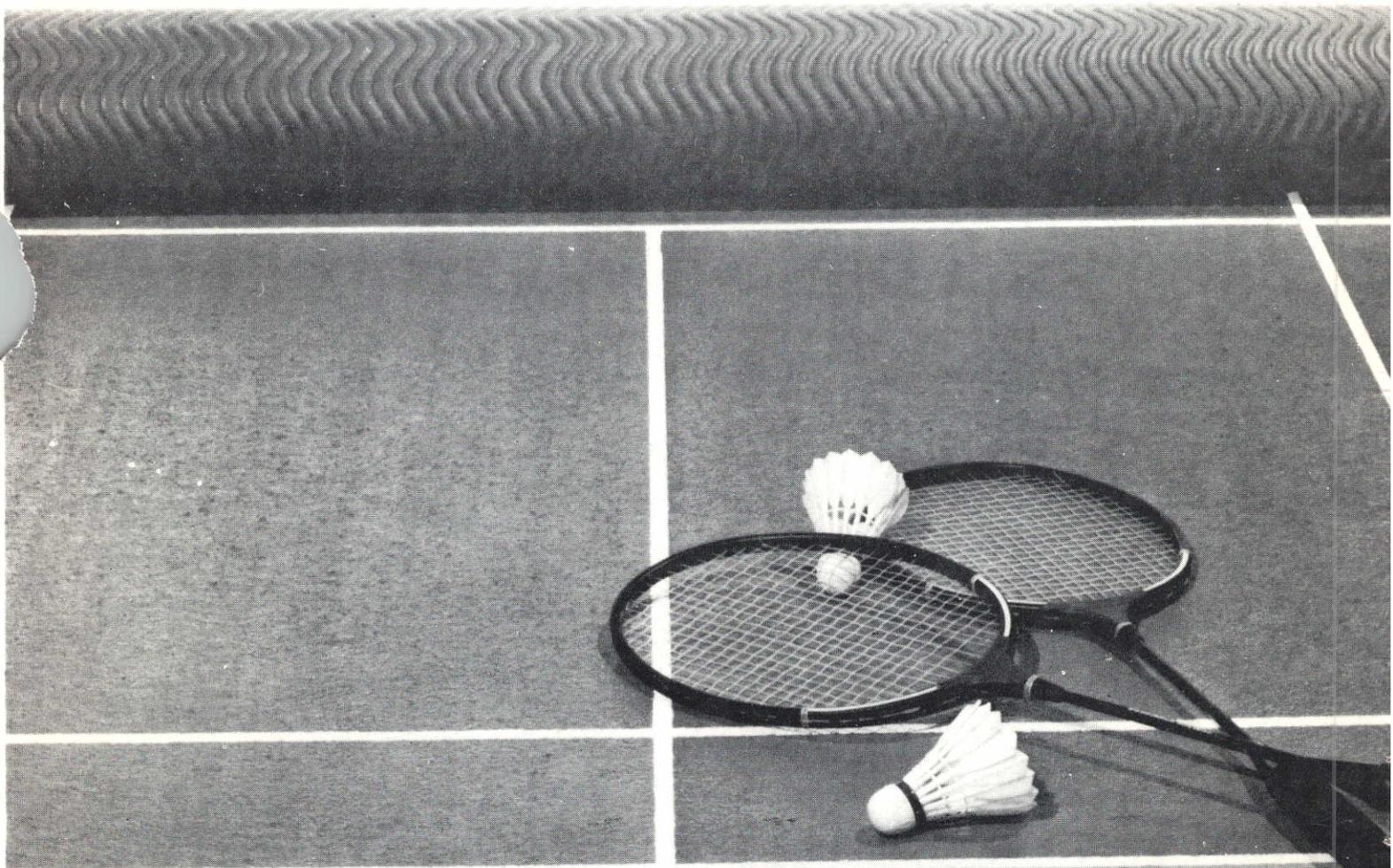


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Editor's Comments

Well, I guess you can call a "wrap" on summer and get ready to hit the courts for the opening of badminton season!

Your editor has been diligently working to get this issue to press so she may wing her way to the beautiful Hawaiian Islands to enjoy a great badminton tournament -- the 10th Hilo Open. I know, I know, you wouldn't wish this horrible experience on a dog (aka "editor"), but someone has to do it!

To say I am delighted you have received the third issue of **The Badminton Magazine** is putting it mildly. I am very pleased with this issue. We received excellent articles from many different sources. The content was edited and corrected by Tom "Red Pencil" Siebert; we have more photographs and of better quality; and Dave and Roxanne Pallack spent numerous hours working on the cover. Whew, I feel like I just made an acceptance speech at the Academy Awards!

What a thrill and pleasure it was to help interview the legendary Dave Freeman. I loved the idea of meeting the man whose tournament I lose in every February! It was engrossing to listen and learn about his playing days. Days when badminton was recognized as a competitive and respected sport in the United States. Dave said he had not been interviewed for more than 15 years. Needless to say, **The Badminton Magazine** is quite proud to bring you his reflections.

Also, I would like to mention that badminton has lost one of it's most generous supporters as Roger Magenau will no longer be distributing Yonex equipment due to a company "shake up." Players, and the sport itself, especially in Southern California, will miss his affable personality and his generosity in sports promotion.

So, as the sun slips behind the island of Molokai and the waves lap the shoreline of Lahania, the breeze will rustle the little paper umbrella in my Pina Colada, and I will tip my glass and say, "Thank heaven. No more typewriters for three weeks!"

Cassandra Sophia Salapatas
Editor-In-Digestion

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3rd World Badminton Championships

By: Hans Rogind

Sparkling play, a professionally run tournament, trophies from the Queen -- the recent 3rd World Badminton Championships in Copenhagen, Denmark had it all! Media coverage included TV broadcasts to 23 countries. Even China fielded teams for each championship event, and captured both the Women's Singles and Doubles crowns. Indonesia won the exhausting Men's Singles final, Denmark the Men's Doubles and a combined Sweden-England team the Mixed Doubles.

For China, which has more top players than all the other countries combined, it was the first appearance at the world championships since it joined the International Badminton Federation (IBF). As a result, the Copenhagen tournament featured the elite of world class players from both East and West.

The matches were a sheer joy to watch. They were played May 2-8 in Brondby Hall, a sports arena that has permanent seating for 4,500 people. With four courts to watch and the tremendous talent from 33 different nations, it was frustrating to decide which game to zero in on!

Men's Singles had a draw of 64. There was a pre-weekend qualification tournament for 31 players who hoped to gain one of the eight open entries. The quarter finals featured eight of the best players in the world, any one of whom could win on a "good" day. In order of seeding they were: Frost (Denmark), Sugiarto (Indonesia), Luan Jin (China), Padukone (India), Changjie (China), King (Indonesia), Nizrhoff (Denmark), and Han Jian (China).

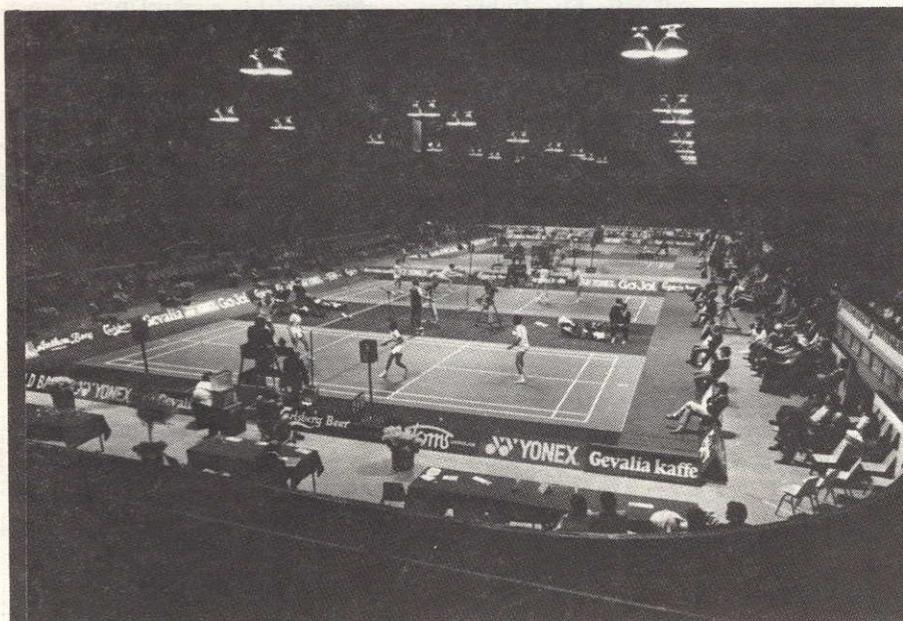
Icuk Sugiarto of Indonesia won the finals in an hour long three-game match with his countryman, Liem

Swie King. Both played superb badminton. There were many long rallies which eventually wore them down, and at the end they barely could walk off the court. The last game got to 14-all and the serve went back and forth until finally Sugiarto got the lucky point. His winning scores were 15-8, 12-15, and 17-16.

Missing from the Men's final was a bit of the deception and finesse the European countries are so famous for, and which often take the far Eastern players by surprise. The two styles are quite different. The far Eastern countries play "machine badminton," with long rallies and hard overhead smashes from corner until one player finally makes a mistake. The European players have a "softer" style, utilizing the backhand much more, the flat drive shot down the line and deception to fool the opponent. This style can slow down a fast player, and makes a much more interesting game to watch.

The Women's Singles started with 52 players. The semifinals featured three Chinese and one English girl and the final was between Han Aiping and Li Lingwei, both from China. The match was won by Li in three games, 11-8, 6-11, 11-7. The Women's Doubles also showed China's superiority, with two Chinese teams meeting in the finals. The winners were Lin Ying and Wu Dixi with a 15-4, 15-12 score.

Men's Doubles had some absolutely fantastic "fireworks", especially from some of the Chinese and Indonesian teams who had the crowd roaring. Shots and smashes came from all angles, but were continuously picked



Play in full swing at beautiful Brondby-Hall. Photo: Preben Soborg

International News

up from the other end until there was a mistake. Eventually, the Asian teams lost to the European style players who understood how to take them apart with their beautiful deception shots.

None of the top-seeded teams came through. The semi's featured Joo Bong Park and Eun Ku (Korea), Mike Tredgett and Martin Dew (England), Steen Fladberg and Jesper Helledie (Denmark), and Christian Hadinata and Bobby Ertanto (Indonesia). In the finals, the roof of the hall was in danger of falling down from the crowd's cheering as the Danish team beat the English 15-10, 15-10.

The Mixed Doubles had some of the most beautifully elegant games played. Three European and one Chinese team made it to the semis. In one semifinals Thomas Kilstrom and Nora Perry (Sweden-England) beat Mike Tredgett and Karen Chapman (England) 15-10, 9-15, 15-6, while Steen Fladberg and Pia Nielsen (Denmark) beat Jiang Guoliang and Lin Ying (China) in the other 15-6, 15-5. Then Kihlstrom and Perry defeated the Danes in the finals, 15-11, 15-11.

A great deal of care was taken to ensure that the Championships were run as a world class event. The players warmed-up in another hall. When they were ready to play, they marched onto the main courts along with the umpire, service judge and linesmen. Each player and team was assigned a number and the numbers were placed on the side of the court for identification. The shuttles had been pretested and there was seldom a question of speed. Thirty professional umpires from many different nations did a good job.

There was also good TV coverage of the games. All the semis and finals were transmitted to 23 countries.

More than 150 press people were present, working from a separate room where the games were shown on big video screens. The press had access to phones, telex and copiers, and even typewriters which could type in different languages including Chinese. Videotapes of any of the better games could be bought only hours after the event.

Social functions included a reception and lunch hosted by the Lord Major of Copenhagen. The Queen of Denmark came to the finals and presented the trophies and the



The awesome winning Chinese pair of Lin Ying and Wu Dixi.

Championships ended with a banquet at the world famous Tivoli. After dinner, former great stars Rudy Hartono, Erland Kops, Ade Chandra and Elo Hansen played a "fun game" for which a humorous commentary was provided by the "Bob Hope" of Denmark. At midnight there was a big fireworks display featuring shooting shuttlecocks and the logo from the Championships. A bang-up farewell to a great week.

Until 1977, international badminton had been built on the All-England, the Danish and Swedish Championships, plus a few tournaments in the far East and the Thomas and Uber Cups (played every third year). The far East had its own World Cup for several years.

The next one is scheduled for

Finally, it was agreed that a world championship had to be established. The first was in Malmo, Sweden in 1977, the second in Jakarta, Indonesia in 1980. For now, the IBF has established that the World Championships will be played in early May each uneven year and the Thomas and Uber Cups in even years. But with the fantastic growth of badminton around the world, it probably will not be too long before there's a world championship every year.

Photo: Louis Ross

Calgary, Canada in 1985. Save your money, the World Championships are worth every penny if you are interested in seeing the best.

About the author: Hans Rogind was born in Copenhagen and grew up watching "world class" badminton. He moved to Detroit in 1949, became quite involved in several local badminton organizations, and served as secretary-treasurer of the Midwest Badminton Association and on the Board of Directors of the USBA (formerly the ABA). He organized the 1956 and 1973 Junior Nationals and coordinated the first "Open" Nationals in 1959. Hans continues to play an active role in regional organizations and also contributes articles to the Danish Badminton Magazine.

International Umpiring Standards

By: Ted Jarrett

At the recent 3rd World Badminton Championships, staged by the Danish Badminton Forbund at Copenhagen, the IBF took initial steps to establish international umpiring standards for the sport. With the continuing expansion of world-wide competition, the need for this action has become increasingly urgent. Several national organizations including Canada, Denmark and England, and regional organizations such as the European Badminton Union, have set up their own procedures for qualifying umpires. Now it is essential that progress be made toward applying uniform standards throughout international competition.

The effort made at Copenhagen was organized and directed by Australian Roy Ward, deputy chairman of the Rules & Laws Committee of the IBF Council. He was assisted by other members of the committee who have had extensive experience umpiring and refereeing at the World Championships and the regional and inter-zone ties in the two Cup competitions.

Prior to the tournament in Denmark, the national IBF member organizations were invited to submit the names of leading umpires whom they wished to be considered for recognition at the international level. From these lists, 20 individuals (in addition to a number of the Danish umpires expected to be working the Championships) were selected for evaluation during the week of the tournament. The evaluation process involved both assessing practical performance and written test on the laws. It was carried out by members of the Council's Rules & Laws Committee and several other experienced officials. The written

test came at the end of the week, after each nominee had been closely observed in performing the alternating roles of umpire and service judge.

Roy Ward provided the evaluators with checklists on which each umpire was rated on at least a dozen aspects of the job, including: intensity of attention; general alertness; audibility and clarity in making announcements; promptness in calling the score; efficiency in correcting errors (if any); proper handling of special situations (player injury, argument over changing the shuttle, etc.); and general control of the match (without being overly officious). Also, each was judged on quality of performance when acting as service judge. (At Copenhagen, electronic scoring devices provided continuous visual displays, but the umpires were still expected to announce scores clearly).

Several evaluators observed each umpire handling both singles and doubles matches. The checklists were tabulated and used in conjunction with their score on the written test to arrive at an overall rating for each individual.

As a result of this carefully planned process, nine individuals from five different countries were classified as fully 'Certificated' umpires of international standard. Just slightly below them, six more persons were designated as 'Accredited' umpires (who will receive further evaluation at major events where they can be available).

Denmark, England and Sweden were the only countries with more than one umpire in each of the categories. The balance of the umpires came from Canada, Federal Republic of Germany, Malaysia, Netherlands,

Scotland, and Thailand. It is planned that the evaluation program will continue with additions each year to the group rated at Copenhagen -- so that an increasing number of officials who measure up to the standards for international umpiring will be available to handle major events.

At the conclusion of the week, the entire umpire group participated in a meeting at which their comments on the program were sought. Many questions were asked and suggestions offered on the future development of the project. All of these will be studied, with a view to maintaining a healthy growth of the program and making equitable decisions on such touchy subjects as maximum age, required quality of eyesight and hearing, periodic continuous evaluation, etc...

Although not yet formally structured, the International Badminton Umpires Organization, with Roy Ward as nominal chairman, is functioning under the auspices of the Rules & Laws Committee of the IBF Council. A great deal of work remains to be done, but it is quite clear the IBF has launched a program that will be an important factor in maintaining high standards of umpiring for international competition in the years ahead. All participants in the sport can expect to benefit from the improved uniformity in officiating that will surely result.

About the author: Ted is a resident of Minneapolis, Minnesota and has been involved with the game since 1931. Recognized worldwide for his tireless dedication to badminton, he has been America's IBF representative for 23 years. He's not only active in the badminton politics, but an enthusiastic player as well.

The Badminton Magazine Names The 83

Top 4 U.S. Women's Singles Players

Here are our selections for the top 4 women's singles players in the United States for the 1982-83 season. The rankings are the sole opinion of **The Badminton Magazine** and in no way reflect any decisions of the USBA Ranking Committee. The seven tournaments we used for ranking consideration were the:

- Western States Open
- California Gran Prix III
- New England Open
- Dave Freeman Tournament
- California State Championships
- Mid-Atlantic Championships
- U.S. National Championships

#1 Cheryl Carton - What an easy choice! For the first time in her illustrious career, Cheryl won back-to-back National singles titles in 1982 and 1983. Her victory over Judi Kelly at this year's Nationals put the finishing touches on an almost perfect season. She not only was the only player to compete in all seven of the tournaments considered for ranking, but won five of them. Her only losses were to Judi in the finals of the California Gran Prix III and to Canadian Claire Allison in the semis of the Mid-Atlantic Championships. Cheryl is an exemplary champion

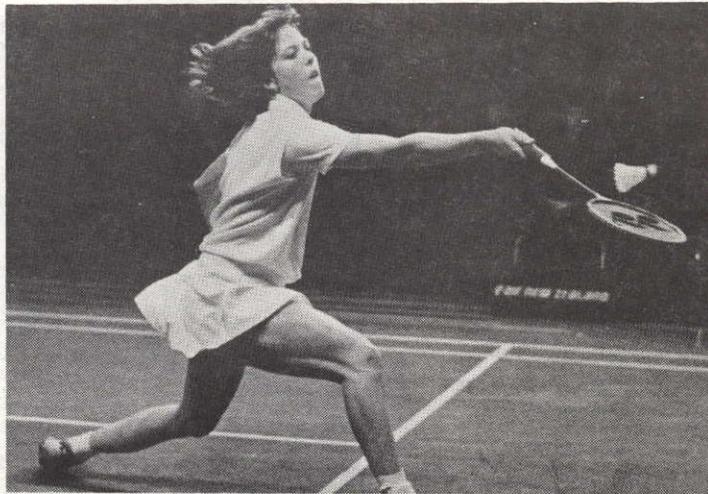
and sportswoman who puts her ranking on the line every tournament.

#2 Judianne Kelly - Always a scrappy competitor, Judi achieved another fine season. She did not play the New England Open, but reached the finals in five of the considered tournaments and came away with a pair of titles. Judi won the trophy at both the Gran Prix III and the Mid-Atlantic Championships, and she lost in the semis to Gillian Calder of Canada at the Dave Freeman Tournament. We expect Judi to be a top-seeded player for many years to come.

#3 Claire Choo - Although, she only played the U.S. Nationals, Claire

reached the semifinals before succumbing to Judi Kelly in three games. Claire is a visiting university student from Malaysia. She is a fine young player with outstanding quickness, and has an excellent future in U.S. and international competition.

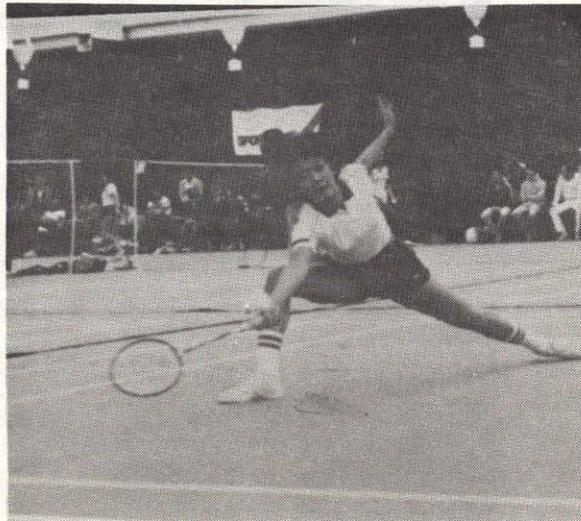
#4 Joy Kitzmiller - At age 19, Joy has broken into the top U.S. rankings for the first time. The current Junior National champ, she reached the semifinals at the adult Nationals before losing to Cheryl Carton in two close games. And she also reached the quarters at the Dave Freeman Tournament before losing to Gillian Calder.



#1 Cheryl Carton



#2 Judi Kelly



#3 Claire Choo



#4 Joy Kitzmiller

San Diego's Hall of Champions

By: Carlene Starkey

The Hall of Champions, located at Balboa Park in San Diego, California is quickly becoming known as one of the best sports museums in the western United States. It doesn't just honor athletes in one sport, but competitors in 32 different sports, including badminton! To be eligible for awards, an athlete must be born in San Diego or live there at the time he or she wins a championship. Awards include "Certificates of Achievement", "Star of the Month", "Star of the Year", and induction into the "Hall of Fame."

Recent badminton honorees include April's "Star of the Month", Cheryl Carton, already a four-time winner, and two-time "Star of the Month" Carlene Starkey (most recently this past March). Dr. Jim Poole, the 1961 U.S. National Men's Singles titlist, was named "Star of the Year" for his achievement.

Badminton also can claim three inductees into the Hall of Fame--legendary Dave Freeman, Evelyn Howard Bolderick, and Marten Mendez. This is a singular honor because each year only two athletes are named to the Hall of Fame, one an active competitor and the second an athlete who has been retired from the sport for at least 25 years. The competition is among all athletes--professional and amateur-- from every sport.

Dave Freeman was inducted into the Hall of Fame in 1958, the first badminton player so honored. Evelyn was chosen in 1975 after capturing two national singles titles and a national doubles crown. Marten's induction honored his three national singles victories.

Winning any national or international championship, or

representing the United States on the Uber or Thomas Cup teams, can merit you a "Certificate of Achievement." Your photo will be displayed in the Racket Sports area along with a description of your achievements. Badminton players so honored include Carl Loveday, Janice DeZort, Lois and Joe Alston, Marten Mendez, Evelyn Howard Bolderick, Jim Poole, Dick Mitchell, Pat Gallagher, Cheryl Carton, Bill Berry, Waldo Lyons, Doris Haas, and Rod and Carlene Starkey.

As visitors enter the Hall, the Atlas Gold Cup winning boat of famous driver Bill Muncy can be seen, along

enjoy the museum tremendously. It is the realization of a goal set back in the 1940's by Bob Breitbard, a local athlete and coach. He felt that outstanding performances by athletes representing San Diego in national and international competition should be recognized. To accomplish this goal, Bob established the Breitbard Foundation, which turned his dream into the Hall of Champions.

The Hall of Champions is governed by a Board of Trustees. Each month, the Awards Committee meets and selects nominees for the Board to consider for "Certificates of



Colorful neon display greets visitors.

with many autographed balls, jerseys, trophies, golf clubs and sports shoes. Badminton memorabilia on display include rackets used by Joe Alston, Dave Freeman's Thomas Cup jacket, and trophies won by Marten Mendez. These items and others are a reminder of America's glory years in badminton, and they're part of what is probably the only permanent badminton exhibit in this country.

Whether you are a badminton player or any type of "sports nut," you will

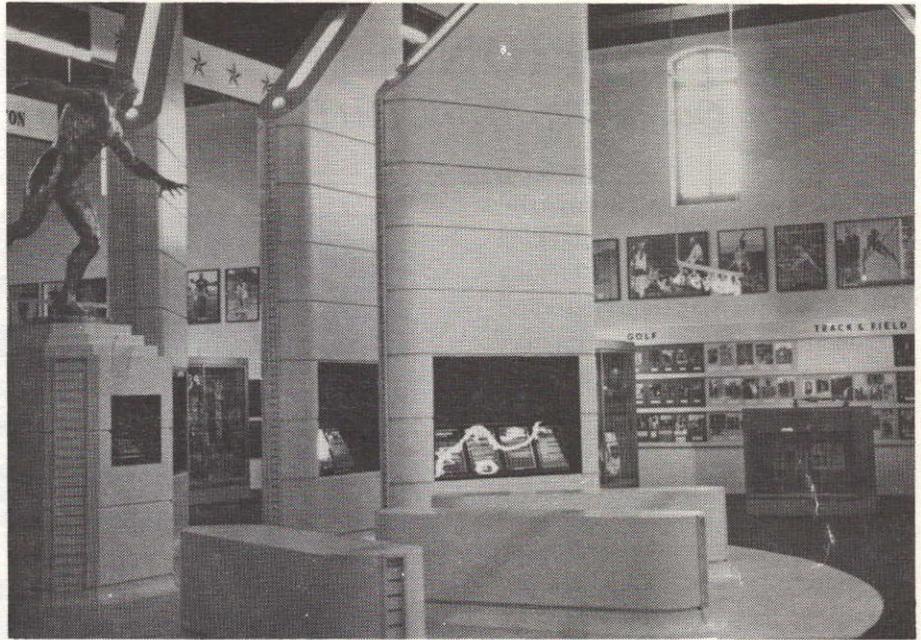
Achievement" and "Star of the Month." Some months may be selected but other times many may be chosen. In January, the Awards Committee selects their nominations for "Star of the Year," both amateur and professional, from "Stars of the Month" from the past year. Also, selections are made for the "Hall of Fame."

The Hall of Champions has just moved into it's new building, which was built by the city of San Diego. However, the museum is responsible

Hall of Champions

for raising funds to accommodate the displays inside. Financing comes from individual museum memberships, admission charges, museum store income, and a once-a-year fund raising dinner, "Salute to the Champions."

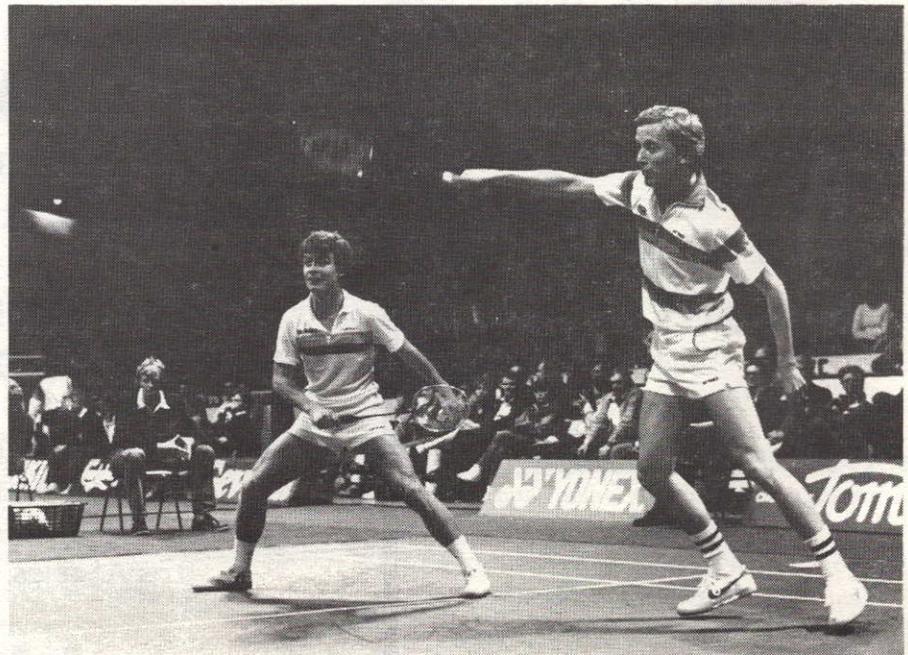
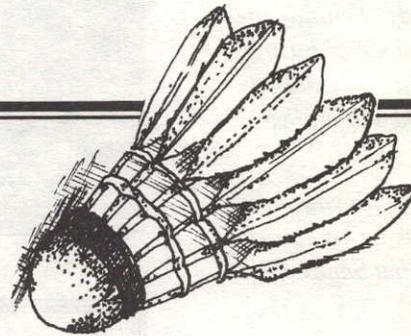
The next time you visit San Diego, plan to stop and see it for yourself. Hours are 10:00 AM - 6:00 PM and admission is just \$1.00.



The Hall as visitors enter the newly completed sports museum.



Display case spotlighting badminton memorabilia.



Winning one for the Queen. Men's Doubles Champion's Steen Fladberg and Jesper Helledie. Photo: Preben Soborg

About the author: Carlene has had a distinguished badminton career for more than 30 years. A holder of two women's and one mixed doubles national titles, she continues to be a powerhouse in all senior events. She also was a three-time member of the Uber Cup team, playing on American's last winning squad in 1963. Carlene and her husband Rod, reside in La Mesa, California and are active members of the Hall of Champions and the San Diego Badminton Club.

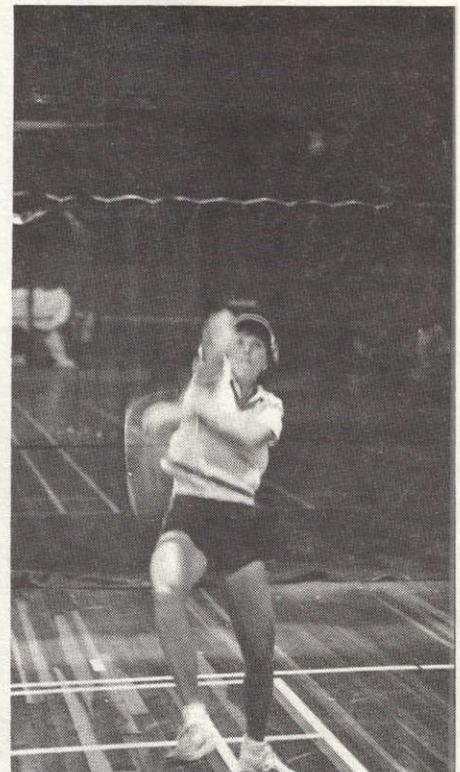
CHAMPIONSHIP BADMINTON --

A Quick Tip from CHERYL CARTON

You don't need to have a powerful smash to play an aggressive attacking singles game. Add the "attacking clear" to your shot repertoire and opponents will need a pocket calculator to keep track of your winning points!

The attacking clear is not usually the rally finisher, but it will set you up to hit a "put away" that even your grandmother could clobber! Use these guidelines from Cheryl Carton, U.S. Women's Singles Champ, for an effective attacking clear.

1. *Set up your body behind the shuttle well in advance of hitting. Shoulders should be slightly perpendicular to the net and your racket in the air.*
2. *Contact the shuttle with your arm fully extended, using a quick stroke with a minimal backswing.*
3. *Make sure the shot is very quick, so it gets behind your opponent before he or she can intercept it. The height of the shot can be anywhere from as low as shoulder height to several feet above their head.*
4. *In general, the attacking clear should be hit straight ahead. On cross-court shots, there's a danger of hitting too low and being intercepted.*
5. *Be prepared to anticipate short returns by your opponent and take advantage of them. If the attacking clear is hit effectively behind your opponent, anticipate a straight drop or weak clear or, from more advanced players, a cross-court drop.*



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Equipment Information

Your next match is scheduled in 15 minutes. What could be more miserable than a bag full of rackets with broken strings! No problem, if your bag also contains a string patching kit. You can either purchase one or put one together with a few simple tools.

Black Knight, HL Sports and Yonex all carry these useful kits. They are moderately priced from \$12.00 - \$20.00. But if you feel like assembling your own kit, the following materials will be needed:

Roller - A handle from any broken racket is fine, but it must have a leather grip.

Cutters - Diagonal pliers from a hardware store can be purchased for as little as \$5.00. A less expensive alternative is a nail clipper.

Awls - Used in upholstery and carpentry, awls can be found at

hardware stores and then be made suitable for the tiny grommets of badminton rackets by grinding them down to the correct diameter. You can also locate awls at a racket stringing supply houses, but you must specify badminton. Associated Tennis Suppliers in San Diego (phone: 619-452-8601) sells badminton awls.

String - It is best to use nylon to repair nylon-strung rackets and gut for gut-strung rackets. In other words, don't mix string types. However, to save a little money, you can re-use string from old broken rackets, as long as the string is not pitted or frayed. Nylon and gut string can be purchased in "sets", which are 33-36 feet long. Nylon sets



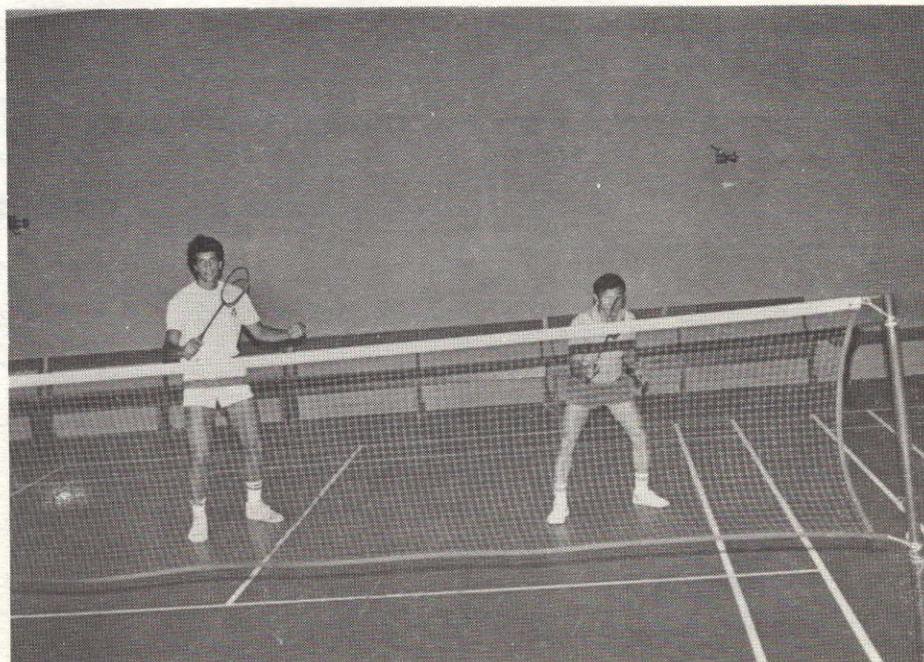
*The Patch Kit (Lt. to Rt.)
Duck Billed Pliers, Awls, Rollers, Diagonals*

Coaching Corner

Doubles: The

In our last issue, the Coaching Corner explained in detail one of two favorite doubles defensive formations, the **Sideline Defense**. You will remember that the sideline defense is a formation in which the player steps all the way to the sideline to defend against a straight smash. Now let's take a look at a more advanced formation, the **Alley Defense**.

To use the Alley Defense, the player defending the straight smash positions himself away from the sideline, but close enough so that he could reach out and touch the sideline with his racket. The racket foot (i.e. the foot corresponding to the hand in which you hold your racket) should be slightly forward of the other foot. The racket should be



The Alley Defense

Equipment Information

cost about \$3.50 and gut \$13.00 and they are available from badminton vendors or stringing shops.

Also, a smooth-tooth flat-nosed plier (duck billed pliers) come in handy for maintaining string tension, but is not mandatory. These can be found at any hardware store for approximately \$5.00. Another handy item to carry in your improvised tool kit is a small pair of scissors. For a container, use an old cigar box or cosmetics bag.

Editor's Note: Remember, after you have assembled your patching kit and become proficient at making repairs, **don't let other players know!** Or suddenly you will be the most popular person in your club or at a tournament. Good hiding places for patching include car trunks, closets, or bathroom stalls.

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Alley Defense

By: Sombat Dhammabusaya

in front of the body, with wrist cocked in the ready position.

This body position allows a player to hit either a forehand or backhand smash return. If the smash is hit too flat the player will also be prepared to hit an aggressive overhand stroke.

The partner defending cross-court takes up a similar stance next to his partner but not too close together.

Advantages of the Alley Defense:

- The ability to counter-attack with great variation, and thus force the attacking team to move around the

court.

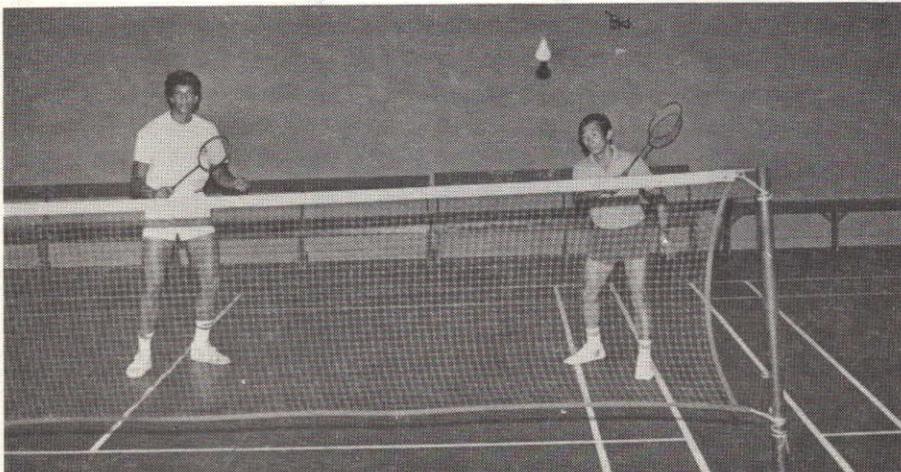
- As an aggressive defense, it puts extra pressure on the opposition.

- It is a less predictable defensive strategy.

Disadvantage of the Alley Defense:

- Players need more advanced skills to utilize this formation because of the angles which it opens to the attacking team. Players must be able to defend with equal proficiency from either the forehand or backhand.

The most effective teams utilize both the sideline and alley defenses. This confuses the opposition by never allowing the opponents the luxury of knowing which defensive position will be utilized until the last second.



The Sideline Defense

A Bit of Badminton History...

By: Diane Hales

Badminton's forerunner, "battledore shuttlecock", apparently was popular enough to merit royal attention in England nearly 400 years ago. Evidence indicates the game was also played by early settlers in the colonies in America.

The following reference to Prince Henry, the son of King James I, which may indicate his skill at the game. It appears in the English play "Two Maids of Moreclacke" written in 1609.

His highness playing at shuttlecocke, with one farr taller than himself and hitting him by chance with the shuttlecocke upon the forehead, "That is," quote he, "the encounter of David with Goliath."

It is not surprising to discover

evidence of the existence of battledore shuttlecock in early America, as the first English settlement was made in King James time when the game was popular. However, exactly when the game appeared here and how well it was received has not been ascertained. Colonials were sending orders to their London merchants for supplies. Also, certain art works verify the evidence of the game here.

In 1742, John Gibson wrote to a Mrs. Ross of Annapolis in response to her order. "You sent for shuttlecocks and no battledores, whether you intended to omit them I could not guess, but as they are used together, I sent them so, with variety, I hope 'tis not wrong."

A New York advertisement for James Rivington in 1766 indicated that he imported and sold

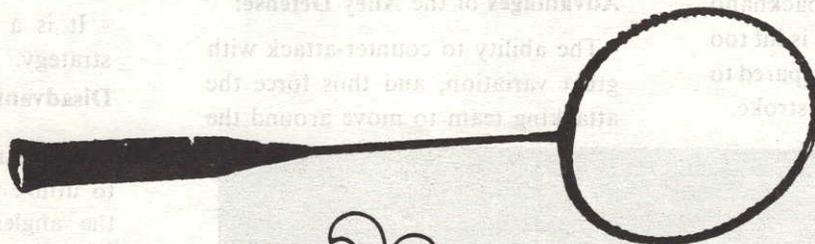
battledores and shuttlecocks. And an ad in the January 1824 issue of the **National Intelligencer** ran as follows:

... the subscriber has just received imported direct from London to his order a few dozen pair of battledores and shuttlecocks, No. 1, 2, 3 and 4, from the manufacturers Darley, said to be the only man in England who understands the manner of preparing the skin to cover the battledore so tha tit will not yield to the changes of weather, but remains flexible till worn out by use. The birds are far superior in size and beauty to the ordinary kind.

Who knows -- perhaps even George Washington battled the shuttle around in his youth!

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Facts and Fallacies in Sports Fitness

By: Patricia Cane

Great strides are being made in exercise physiology, but many misconceptions regarding sports fitness and athletic training still exist. Here are eight examples, along with the real facts. See if you are a victim of any of these fallacies.

It was once thought by coaches and trainers that taking **salt tablets** prior to training or competition would prevent heat stroke or muscle cramps. This is false. Salt tablets won't prevent heat stroke or muscle cramps and, instead, can be harmful. They increase the ratio of water to dissolved substances in the blood, and extracellular fluid volume increases. This has detrimental effects on arterial blood pressure and kidney function. The chloride ion in salt can have a detrimental effect on the acidbase balance in the blood, which already is taxed due to the lactate from exertion. In addition, salt tablets irritate the stomach lining, and the sodium in the salt has no positive effect on muscle contraction.

Weight training programs were once prohibited by basketball and baseball coaches because it was thought weight training would tighten muscles and cause athletes to become "muscle bound," thus reducing speed and agility. But just the opposite actually occurs. As the joints are brought through a full range of motion during the weight training sessions, the result is an increase in speed and flexibility. It's true that weight training can be used to build bulk, but it all depends on the type of training.

Another misconception exists concerning **weight training for women**. It had been believed that

weight training would cause the female athlete to develop "bulging biceps" which are not aesthetically pleasing. This is absolutely false. In order to develop bulk in muscles, an adequate amount of male hormone is necessary. Even young boys (before puberty) cannot develop bulky muscles. Females will develop strength without muscle mass, and strength is important for success in any sport.

Athletes don't need **special diets** to maintain the high energy levels necessary for competition. Despite claims by coaches, trainers and fellow competitors, everyone needs the same nutrients -- water, carbohydrates, proteins, fats, vitamins and minerals. Athletes do not need additional protein. In fact, high protein diets can be detrimental. And traditional "quick energy" foods such as honey or chocolate may cause cramps or diarrhea during exertion because they take longer to digest.

A major myth concerning vitamin intake is that athletes, especially those in intensive training and competition, need **dietary supplements**. This is untrue according to Dr. Sarah Short M.D. of Syracuse University. Dr. Short compiled a computerized profile that clearly established that there is little need for such supplements.

Another misconception is that if a small amount of any vitamin is beneficial, **larger vitamin doses** will be that much more beneficial. There is no evidence to support this. In excess amounts, certain vitamins can be dangerous, particularly those that are fat soluble (stored in fat) or not readily eliminated from the body.

Another myth that dies hard is that practicing or playing in a **rubberized suit** will speed the conditioning process and increase weight reduction. This method is potentially very dangerous. It can lead to heat stroke by inhibiting the body's natural cooling system, and it does not speed the conditioning process. The weight loss that accompanies the use of rubberized sweatsuits is only very temporary and the weight will be regained within a few hours as soon as the water lost is replaced through drinking. In fact, most of the time, intense thirst will lead to over drinking of fluids, usually those with calories, and this may actually lead to weight gain.

Knee bends, "duck walking", and leg lunges were once believed to strengthen the ligaments of the knee and thus were good leg-strengthening exercises. This also is untrue. Exercises like these tend to weaken the knee joint. They are potentially dangerous and can lead to permanent knee injury.

In summary, the best rule of thumb to follow in sports fitness is to act conservatively. Avoid the latest fads and investigate claims, even those made for traditional "everyone-knows-it's-true" exercise and health programs. Use common sense. Exercise physiology is still a field of active study and more "myths" are being investigated all the time to separate the facts from fallacies.





An Interview with David G.

“The Unbeatable

If David Freeman had done as well in baseball as he did in badminton, people would be eating Davy Freemans instead of Baby Ruths. He was awesome and literally unbeatable for eleven years, not losing a **game** from 1939 to 1949. Because Freeman's forte was badminton, he is more well known for his athletic accomplishments outside of the United States than in it. When Muhammad Ali went to Malaysia, local headlines referred to Ali as the greatest athlete to visit that country since Dave Freeman.

Freeman is one of the best, if not the best, badminton player ever. He is the only American ever to win Men's Singles in the All-Englands, which he did in 1949. It has been thirty years since he last played competitively, when he won four tournaments in the space of about two weeks, including San Diego's first David Freeman Open and the 1953 Nationals in Boston. That was after a layoff of four years.

The principal reason Freeman retired so abruptly and completely is

a series of brain and back surgeries that he began in 1949 and continues to this day. Fortunately, Freeman has been on the performing end of all of those operations. He traded his badminton racket for a scalpel and is an accomplished neurosurgeon in San Diego. Although he now performs major surgery “only” one to three times a week, Dr. David G. Freeman, **Incorporated**, has an active medical practice which he terms a “mom and pop” operation. His wife of more than 40 years, Dolly, handles the investments and his daughter, Diana, keeps the books. Freeman's eldest child, Rees, is a neurosurgeon and his second son, David Jr., is a lawyer. Freeman and his wife own a beautiful home on three acres in San Diego, with two horses, and play golf together for recreation.

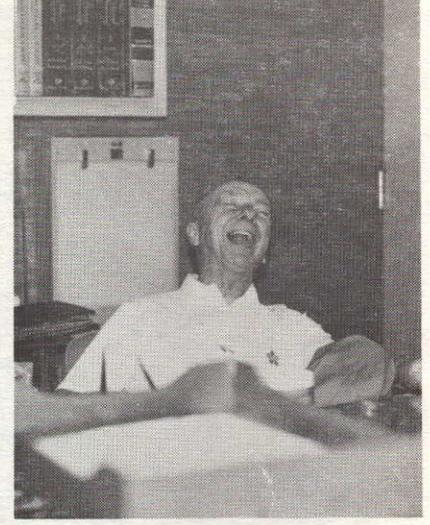
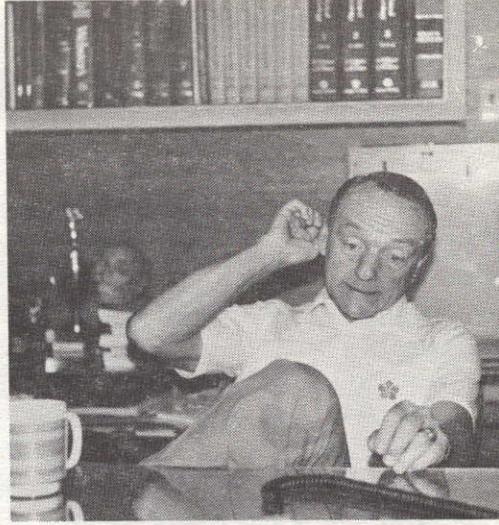
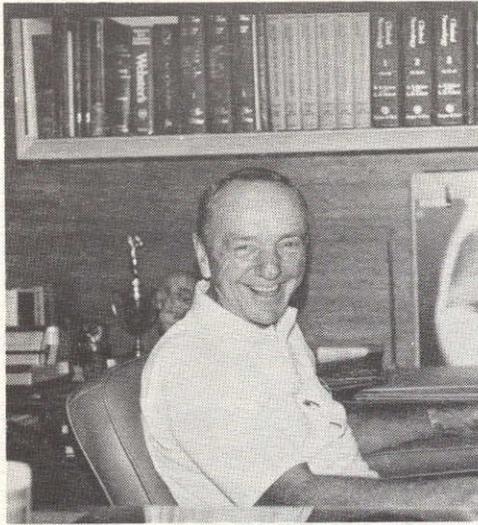
“I've got it made,” says Freeman, “I'm the luckiest guy in the world.”

At age 63, Freeman is still in excellent shape. His well-tanned skin covers a slim and wiry body. Energy

radiates from his smile. When he speaks -- whether the subject is badminton, medicine or something else -- he gestures with enthusiasm. Freeman's intelligence permeates the room. He's not vain or pretentious about his unequalled badminton prowess or his prominence as a surgeon. He is just the opposite, friendly and putting others at ease with his remarkably open manner. He punctuates his conversation with frequent bursts of good natured laughter. His exuberance with life and an outgoing personality are underscored by wit and colorful descriptions. Freeman throws himself full force into everything he does, thrives on the challenge, and savors the success.

“I've had a lot of fun all my life. I don't envy anybody,” Freeman says with penetrating eyes.

Freeman retired from badminton in 1949 to begin his residency in neurosurgery. And, except for the brief comeback in 1953, he has stayed retired. The reason, along with his



Photos: David Pallack

Freeman

Badminton Champion..."

By: David Pallack
(Copyright 1983)

medical practice, is his relentless competitiveness. Freeman seems compelled to do the best he can in whatever he does. His competitiveness and sharp mind allow him to recall scores from badminton and ping-pong matches he played at age 12, as well as class rankings in the 50-yard dash in grammar school. He couldn't bear to continue competing at badminton with declining skills.

"Once I stopped, I would not have people remember 'poor old Dave Freeman,'" he says.

So competitive was Freeman, he even hated to lose in practice (although he rarely practiced). He hates to lose in **anything**, be it world class badminton, life-and-death brain surgery, or marbles in grammar school.

"There were three guys in school that were better than I was, but I never lost at marbles. I knew who those three guys were and I never played them," says Freeman breaking into a grin. "I like to win," he

acknowledges. "No question about it, I like to win."

Freeman's 1953 comeback was sparked unsuspectingly by his successor as national champ, Joe Alston. In 1952 Alston moved from South Dakota to Detroit, Michigan, in order to practice with Freeman in preparation for the 1953 Nationals.

"My God, I thought, I was a has-been at eighteen."

"I wasn't playing at all from 1949 to 1953," explains Freeman. "I played him one night, I worked my tail off for about three hours! We finally went five sets, I guess I beat him 17-15 in the fifth game. He said, 'Oh wonderful, when can we do this again?' I said, heck if he's going to make me play like this, I might as well get in shape myself and play one more year. That's when I decided to play in '53."

"Nobody beat me," continues Freeman. "But I wasn't as good as I was in '49, I'll tell you that. I lost a game. A **game**, not a match. The first game I lost since 1938."

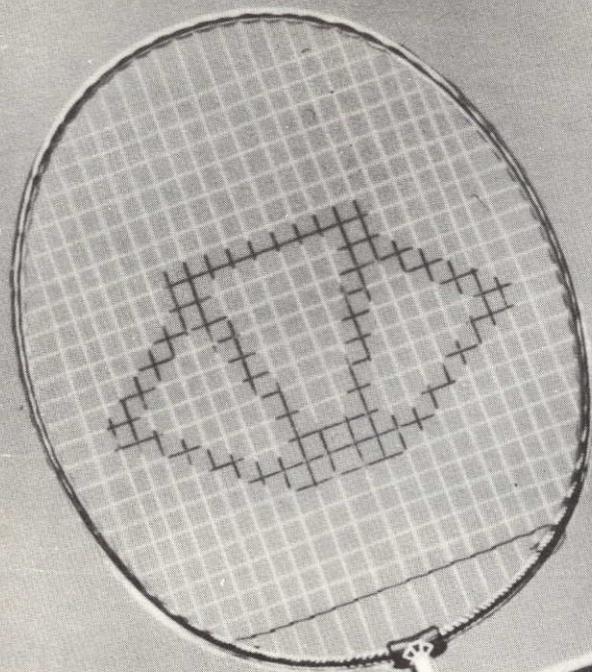
Why did he come back after four years?

"The main reason I did it really was my two sons, who were little kids and didn't know anything about their pop. I wanted them to have some memory of the old man being something in athletics at one time or another," explains Freeman. "So I dragged the poor kids through Toronto, Buffalo and Boston."

He won tournaments in each city as well as the first David Freeman Open in San Diego.

Freeman's competitive start began on a ping-pong table.

"In Pasadena, at the age of 12 or 13, I heard about my first tournament," says Freeman. "It was a ping-pong tournament. I thought, 'Gee, this is a good idea, this competing business,' and I had played some ping-pong on



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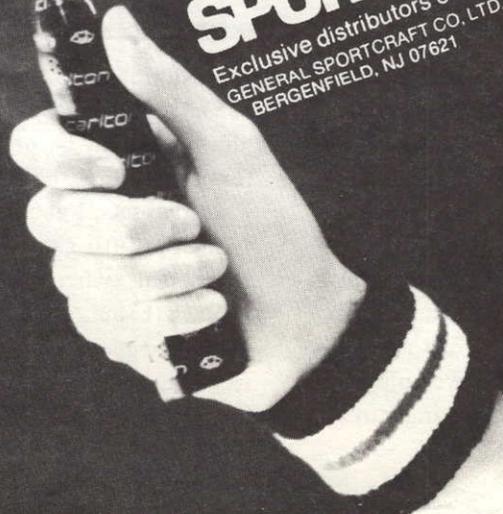
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the top of a pool table in the backyard. So I played in this tournament, the first time I played in a tournament in my life. I had a **wonderful** time," he says, throwing his head back. "Won the damn thing in five games. I beat the guy 25 to 23 in the fifth (game) in the thirteen-and-under.



The triumphant Freeman style

"Gee, I was so excited. I chased the tournament director for about nine months to get me a trophy. Finally, the poor guy, I know, went out with his own money and got me a little pewter trophy and I made him engrave it. It said 'Won by David G. Freeman, Thirteen-and-Under, in 1933.' Boy did I love it. That was my first trophy and I was looking for another tournament. Next year I played and won the Fifteen-and-Under."

From there Freeman moved on to badminton. "By this time, there was a badminton tournament advertised in the Pasadena City Schools," recalls Freeman. "I was 14 or 13 and I was playing with a little Japanese kid; we used to play tennis together. I didn't know what badminton was, so I asked the kid."

The two got an outdoor badminton set and put it up outdoors at Cal Tech. It was there that Freeman first learned the game. Freeman returned the favor by beating his friend in the tournament.

"I beat him in the Fifteen-and-Under in that tournament and we won the Fifteen-and-Under doubles. I had a great time," says Freeman, eyes sparkling.

"Next year, along came the next

badminton tournament in Pasadena.

I read about it in the paper. We practiced up for a couple of weeks," he says, without emphasizing the two weeks. "They wouldn't let me play in the Fifteen-and-Under, so I won the Eighteen-and-Under singles and doubles this time." He was fifteen years old.

Freeman continues with increasing enthusiasm: "So the next year, the same thing, I read about this tournament. I was sixteen. Well, that year I won the Men's 'B', singles, doubles and mixed doubles, and Junior singles and doubles.

"Then the third year of this thing they wouldn't let me in the 'B' or the Juniors so I played 'A'." Freeman leans forward in his chair with a growing smile. "I had Chet Goss point match in the semifinals and I thought; 'This is a simple damn game. I practice up two weeks and I damn near beat the best doubles player in the country. I practice up two more weeks and I am going to win this thing. I'll win the State tournament'," Freeman laughs and slaps his desk. "So I practice up for a couple of weeks and I win the tournament down in Alhambra. By this time, I'm hearing about all these tournaments around. I won the State Tournament that year. And by this time, I think I was 17, I figure this is a cup of tea, this is the most fun in the world, no one can possibly stand up to me. So at age 18 I was defending my state title, I won everything... all the tournaments in Southern California." Freeman is beaming. He relaxes back into his chair and talks about his style of play at that time.

"This is 1938. I would doodle around and I'd get down 12 to nothing or something, then I would start

working hard. I might lose a game or two. I was a big shot, I was invincible!" Freeman smiles. "So then I went up to San Francisco; I fooled around and met Chet Goss again. He got me down in the third (game) 13-10 or something. Well, what the hell, (I figured) I'll settle down a little and I hit a perfect lob. He let it go and it missed the line by this far." Freeman shows an inch or two with pain on his face. "He hit a smash through me and I lost the game. My God, I thought, I was a has-been at eighteen. I'm through!" Freeman laughs and waves his hands at the humor. He then chronicles his rise back to the top.

"I had been beaten the year before in the Nationals in 1938 by Billy Markam. He turned pro, so he wasn't in the tournament next year. After getting beaten in the Cal State tournament that year, I went back to

New England as a warm-up for the Nationals and Ted Pollack beat me. He was a Canadian. I never got to play Billy Markam again and I never got to play Ted Pollack again. Ted Pollack ran me all over the court in the finals. I did all the work, I made all the great shots, and I just set them up for him. 'Set 'em up,' he says with emphasis. Put them half court, three-quarter court and he just killed me. I ran my legs off. I ran like hell and he beat me fair enough."

"Then next week I went down to the Nationals in New York and I swooped through without much problem. I beat Walter Kramer, who was defending champ. I beat him in the finals 10 and 6. I didn't lose any games that tournament. That was 1939. So from then on, I didn't lose. I played Nationals in '39, '40, '41, '42 and '43, which was the last tournament, at Duke, until 1947.

There was a span of three to four years when they didn't have a tournament.

"I like to win," he acknowledges. "No question about it, I like to win."

"In '47, when they had the tournament in Los Angeles, I was stationed in the Army down in Panama. I hadn't been playing at all. I came up and played in the State Tournament in San Francisco and came down to Los Angeles and played in the Nationals. And I got through that all right without losing

Dr. David G. Freeman was one of five children. His father was born in Edinburgh, Scotland and at the age of 12 was taken out of school and put to work in the fields for 25¢ a week. After a "religious awakening," the elder Freeman came to the United States where he worked his way through Allegheny College in New York and then Princeton Seminary. He settled the Freeman family in Pasadena, California, where he was Minister of the First Presbyterian Church.

Dave Freeman's mother, Margery, also worked her way through school and was the first person to go through Vassar with straight A's. Freeman calls her a "perfectionist." After Freeman's father died in 1970, she became a professor of bible and religion at Occidental College in

Eagle Rock, Calif. Freeman's medical roots trace back to his maternal grandfather, a surgeon who died at age 33, just before Margery's birth. The cause was blood poisoning resulting from a cut he suffered performing an autopsy.

Some Freeman Biography

Dave has two sisters, Bertice and Margaret, and had two brothers, Fulton and Robert, who both died from coronaries.

Fulton was an ambassador to Mexico and Columbia. Robert was a physician, specializing in radiology. Both Dave and Robert, testified as

expert witnesses at many personal injury and medical malpractice trials. Dave likes to tell of one trial in which Robert was testifying for the plaintiff and Dave for the defense. Robert's testimony was over and Dave was on the witness stand under tough cross-examination by the plaintiff's attorney, who knew the two were brothers.

Dave begins:

"He says: 'Do you know Dr. Robert Freeman?'"

"I said, 'Yes.'"

"'Do you think he is a good doctor?'"

"I said, 'He's a fine radiologist. Of course he's not a neurologist, neurosurgeon or neuroradiologist. But I said, 'heredity is all in his favor.'" Dave bursts into laughter and a grin of triumph. "That got him off my back."

a game. So that gave me the span. From 1947, then '48 and '49, I played in the All-Englands, then I didn't play for four years until 1953. So from '39 through 1953, when I quit, I didn't lose any matches.

"Now from '39 on to the early 40's, I used to have a good time, a great time, until I began to see I had a span going on. I had a few years of being unbeaten and so at that point I began to knuckle down and work a little harder." Freeman pauses and continues with a far-away look in his eye.

"Oh, I used to have a great time. Actually, a **wonderful** time. I'd lose a few games (before 1939), ... but it didn't worry me. I just enjoyed playing badminton, I loved it.

Sometimes when I was playing my best, I felt the racket, floor, the bird, net and all of us just were one thing.

Kind of an extension of my arm. Just my territory. A great feeling; God, a wonderful feeling."

Kelly Tibbets, Freeman's mixed doubles partner for two to three years in the late forties, calls Freeman's play "invincible."

"He was absolutely a phenomenon," says Tibbets. "His intelligence was so awesome. Each rally was like a puzzle. He didn't have a beautiful orthodox style, but you never knew what he'd do, where he'd put the bird. He wasn't a person who just, 'Pow!' overpowered the opposition," she explains. "He would rally until he

got his shot. He didn't go for the quick point, he played for the rally.

"He wasn't a person who just, 'Pow!' overpowered the opponents"

"His personality exuded all over the place," she continues. "The give-and-take of his rallies was quick and interesting. He didn't have the best anything, but he had more things to do to you than anyone else."

(Continued pg. 26)

Rehabilitating An Injured Ankle-- A Do-It-Yourself Method

By: John P. Elia
Student Athletic Trainer
San Francisco State University

Here's an inexpensive and practical method for rehabilitating and strengthening injured or weak ankles. All you need is about five gallons of clean sand and a wooden or cardboard box strong enough to hold it--plus your ankles, of course! Beach sand is fine, but make sure it's free of rusty bottle caps and other debris.

Your "sandbox" should be big enough so the injured ankle can go through the whole range of motion. Also, it should be about 12 inches deep so you can add more sand in order to completely immerse the ankle as it strengthens.

The rehabilitation technique is quite simple: Add just enough sand

in the box to cover the injured foot (see Figure 1). Move your foot through the total range of motion -- up, down, left, right, and circularly in each direction. A suggested once-a-day program would be to go through each distinct movement up to 10 times, but only as many times as you can tolerate without too much discomfort. As the ankle regains strength, the amount of sand can be increased so that rehabilitation continues and you build the strength to help avoid future injuries (see Figure 2). Also, it is important that you strengthen both the injured and uninjured ankles so that a muscle imbalance doesn't occur.

Although there's no scientific data, athletes who have done this program are enthusiastic about the sandbox technique because it appears to enable a faster recovery rate. The

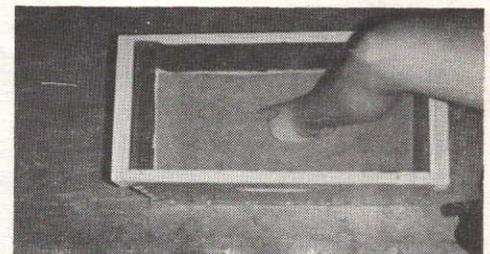


Figure 1

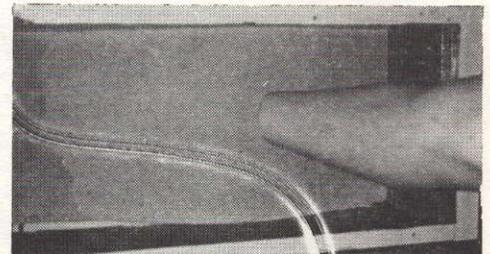


Figure 2

gentle resistance provided by the sand strengthens the ankle in all respects.

*The above article is based upon the research and observation of the author. The article is the sole opinion of the author and is not endorsed by **The Badminton Magazine.***

The U.S. Open Coming soon...



November 17-20, 1983, will find the U.S. hosting their first Open tournament since the Philadelphia Nationals in 1976. The '76 Open Tournament was in celebration of our Bicentennial. As observers, nothing is more exciting than international sports competition and badminton is no exception.

The 1983 U.S. Open is due to the efforts of one man, Wes Schoppe of Manhattan Beach, California. Since the completion of the fourth CPAir Tournament last November, Wes has been negotiating with USBA board members Tom Carmichael and Stan Hales to make the CPAir into the U.S. Open.

"It (the CPAir) was a ready-made Open", says Dean Schoppe. Dean is Wes' son who has been assisting in this mammoth undertaking. Virtually one year has been spent talking with associations, media and corporate representatives. "It's a never ending process," explains Wes.

Wes has worked with the Canadian and Mexican Badminton Associations and the IBF to make the U.S. Open part of the North American circuit. Other tournaments in this circuit are the Canadian Open, Calgary, and Mexican Open. With our acceptance into the circuit a tremendous amount of prestige has been added to the tournament. "By being a member of the circuit our tournament will now be part of the world ranking system," states Dean. It is hoped that participants who play in Canada will come down to the warmer climates of Southern California and Mexico.

Expectations for a successful tournament are good as player commitments from Pakistan, U.S., Mexico, Jamaica, Canada, Peru,

Thailand and Taiwan are already set. Korea has sent a letter of intent. "It looks very good at this time. Entries



25 Wes & Dean conduct the Open and some repair work on the house.

have not even been mailed out yet," says Wes.

A large amount of time has been spent with proposals to corporate sponsors. Sponsors include Corsaro Distributors of Coors Beer, CPAir, and Black Knight. Cash prizes to date are \$4,000. Dean explains that cash awards will be turned over to the IBF, who in turn send the money to the individual player associations for distribution.

Wes is quite optimistic about media coverage. His committee has been working with the Coors Public Relations Department in hopes of

bolstering media attention. Various local news shows have been contacted along with ESPN the sports cable station. Says Dean, "there is so much competition with pro and college football at that time of year."

Other members of Wes' U.S. Open committee are Fred Trifonoff, Kelly Tibbetts, David Ogata, Paisan Rangsitpho, and Ray Kulek. "Without their help things would be impossible," Wes emphatically impresses.

For those who have never seen international competition or just to watch local talent the Open is a must.

Travel Tips from Cindy



The U.S. Open is scheduled for November 17-20 at the Manhattan Beach Badminton Club in Los Angeles. For those planning on attending, either as a spectator or participant, I've come up with a few travel tips. Hopefully, some of these suggestions will be helpful. As all of us residents know, flying in or out of Los Angeles can be more than a little confusing.

Plan on flying into Los Angeles International Airport (LAX). Although the construction at LAX (for the 1984 Olympics) gives the traveler the impression that it's a war zone, the Manhattan Beach Badminton Club is only **four miles south** of the airport.

Please note the accompanying map illustrating the cost of "super saver" fares for flights to and from various points around the United States and Canada. Check with your local travel agent for restrictions on these fares.

After touching down in Los Angeles, hopefully someone will be waiting curbside. If not, taxis and car rentals are readily available. I've checked around and the least expensive rental company is Thrifty Rent-a-Car, \$29.95 - \$38.95 per day with unlimited mileage. For those on a tighter budget, travel by bus on the South Bay Super Shuttle is not only thrifty but efficient. The cost is \$10.00 for the first person in your party and \$5.00 for each additional passenger. Reservations are required (213) 777-1444.

For those who are not staying with friends or relatives, a few suggestions for hotel accommodations conveniently located near the badminton club are in order:

Barnabey's Hotel - 1st Class (1 mile to Club)

An elegant intimate hotel in the tradition of England's finest country inns, 128 rooms. Exquisite furnishings, classic artwork, free airport shuttle. Gourmet dining, nightly entertainment, swimming pool, jacuzzi, health club privileges.

Single: \$93.00
Double: \$103.00

Hacienda Hotel - Middle Class (2 1/2 miles to Club)

Standard hotel accommodations, 640 rooms, poolside and suites. Jacuzzi, nightly entertainment, restaurant, coffee shop and bar. Free airport shuttle.

Single: \$43.00
Double: \$56.00

Sea Horse Motel Lodge - Budget Class

(1 1/2 miles to Club)
32 rooms, heated pool, coffee shop, nearby fast food restaurants.

Single: \$36.00
Double: \$42.00.

Here are a few of my favorite restaurants selected from more than 50 eating establishments within a five-mile radius.

Uncle Bill's Pancake House - Serves a great breakfast and sandwiches. Beach decor, inexpensive and walking distance from Club.

Sloopy's - Outside patio dining. Sandwiches and shakes, inexpensive and good. One mile from Club.

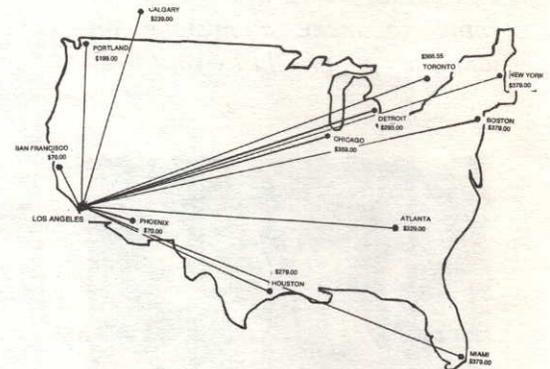
Anex Deli - World famous enormous deli sandwiches. Take out, lunch only. Reasonably priced.

Dano's - Continental lunch and dinner. Beach atmosphere, nightly entertainment, moderately priced. Walking distance from Club.

Tequila Willies - Active nightlife and moderately priced. Mexican cuisine with bar and music.

Rueben's - Steak and seafood, ocean view dining. Nightly entertainment with dancing. Four miles from Club.

The Kettle - A Manhattan Beach favorite. 24 hour coffee shop, good food, reasonably priced. Walking distance from Club.



Editor's Note: CINDY is Cindy Levin of May Company Travel in Torrance, California. **The Badminton Magazine** hopes you enjoy this column and find it helpful, and that it encourages more coast-to-coast tournament travel by players and fans alike. We plan to continue this feature to assist you in making travel plans for future tournaments.

Let's Play Post Office...

Congratulations on the birth of **The Badminton Magazine** and many thanks for sending us a copy of your second issue. There's certainly a great need for badminton communication and promotion in North American and we wish you every success with your new venture.

Rosemary Moore

Executive Director
ONTARIO BADMINTON
ASSOCIATION

I would like to point out a major mistake to you. The top picture on page five has the names McAdam and Woodward. The proper names for those two people pictured are Hal Lyden and Scott MacFarland. We were the winning doubles team and Scott won the singles. McAdam and Woodward lost to us in the finals.

Hal Lyden

Wellesley Hills, Massachusetts

You got us, Hal. I just knew I was going to make a mistake on someone's photo -- lucky you!



Whose arm in on the cover of the June issue?

Carlo Basail

Burbank, California

The model asked that "her" name not be mentioned, but I can tell you the bird is known as "Chuckie the Chick"

Olympic Bound

There are rumblings (getting louder, too!) that badminton will be included as a demonstration sport in the 1988 Olympics in Seoul, Korea. If this becomes a reality, it could provide some sorely needed recognition for competitive badminton.

Badminton has been in the Olympics before. It was a demonstration sport in the 1972 Munich Games, where Chris Kinard participated as the U.S. representative. However, it is not known if the United States will have the opportunity to send competitors to Seoul because participation in a demonstration sport is by invitation of the Olympic Committee.

U.S. Senior Open Scheduled

Beautiful San Diego, California will be the site of the U.S. Senior Open this coming January. It will be played on 10 courts in the Federal Building, January 19, 20, 21, 1984, and many seniors from Canada and Mexico are expected to compete. The tournament is open to all men over the age of 40 and women over 35 years of age. This tournament is not to be confused with the U.S. Senior Nationals which will be held in conjunction with the U.S. Nationals in April 1984.

For additional information contact:

Carlene Starkey

9288 Shirley Drive
La Mesa, CA 92041

Phone: (619) 465-7123
(619) 478-5108

Carmichael's New Post...

The USBA has a new Executive Director. He's Tom Carmichael, former USBA President, who was hired on July 1st. Carmichael replaces Cletus Eli, who stepped down after many years of service.

In this \$25,000-plus-a-year executive director's post, Carmichael hopes to make tremendous strides in improving the status of competitive badminton in the United States. He already has begun a massive campaign to raise corporate and private donations for the association.

Some of his priorities include: increasing the memberships, improving the Badminton U.S.A. (BUSA) Newsletter, expanding media coverage, and helping build the U.S. international squads.

To fill Carmichael's vacated post, Cheryl Carton is serving as President of the USBA.

Carmichael welcomes any comments or suggestions. Write to him at this new address:

U.S.B.A.

P.O. Box 456

Waterford, Michigan 48095

Your Serve, El Presidente

Going through some old magazines, we noted an interesting line in the December 20, 1982, **Time** magazine story on Miguel de la Madrid, President of Mexico: "... he travels to his family's country home where he enjoys swimming, **badminton** and walking." Hmmmm... just can't picture Ronald Reagan on the courts.

Net Play

Badminton All-Americans

At the recent National Collegiate Badminton Championships (April 1983) held at George Washington University, All-American Certificates were awarded to: Claire Allison (Wis-Mad), Rodney Barton (ASU), Solamain Jonaton (ASU), Joy Kitzmiller (Stanford), Marty French (ASU), Miles Munson (ASU), Sandy Colby (Wis-Mad), Brenda Nobauer (ASU), Curt Stephan (UCLA), K.C. Stephan (Dominguez Hills), Christie Cook (ASU), Jackie Curtiss (W. Ill), Charles Scarano (ASU), Peng Hoong Chung (Glassboro State), Eileen Morrison (ASU), Tannis Harrison (W. Ill).

Selections were made by the Coach's Committee of Don Paup, Merle Packer and Donna Phillips.

The Badminton Magazine offers congratulations to these fine athletes for their achievement.



(Lt. to Rt.) Scarano, Stephan, Stephan, K.C., Chung, Paup, Don, Barton, Jonaton, French, Munson.



(Lt. to Rt.) Harrison, Morrison, Hughes, Curtis, Cook, Nobauer, Colby, Kitzmiller, Allison.

Photo: Earle Kimel

Nationals Sites Located...

With last year's site (Indianhead Racquet Club) not available, alternate locations for the U.S. Closed Nationals were made.

The Adult and Senior Nationals will be played April 17-21st, 1984 at the Terminus Racket Club in Atlanta, Georgia.

The Junior Nationals will be held March 21-24th, 1984, on 16 new courts at Emory University outside of Atlanta. Unlike years previous, Junior Nationals will be played at a different site and time from Adult Nationals. Also, an "11 & Under"

flight has been added on a trial basis.

At the September meeting, the USBA decided an open draw will be held at either a major east or west coast tournament prior to Nationals. All seeding will be done by the Selector's Committee.

U.S. Throws Hat in Ring...

Cheryl Carton, USBA President, has made known that the U.S. will be sending a team for the Thomas and Uber Cup ties.

Under the new format (as a cost saving measure), both Cups will be played together. The IBF has selected four locations where

participating countries may petition to play. These four sites are; Toronto, Hong Kong, F.R. of Germany and India. The U.S. has opted to compete in Toronto. All four ties will be held the last week of February 1984.

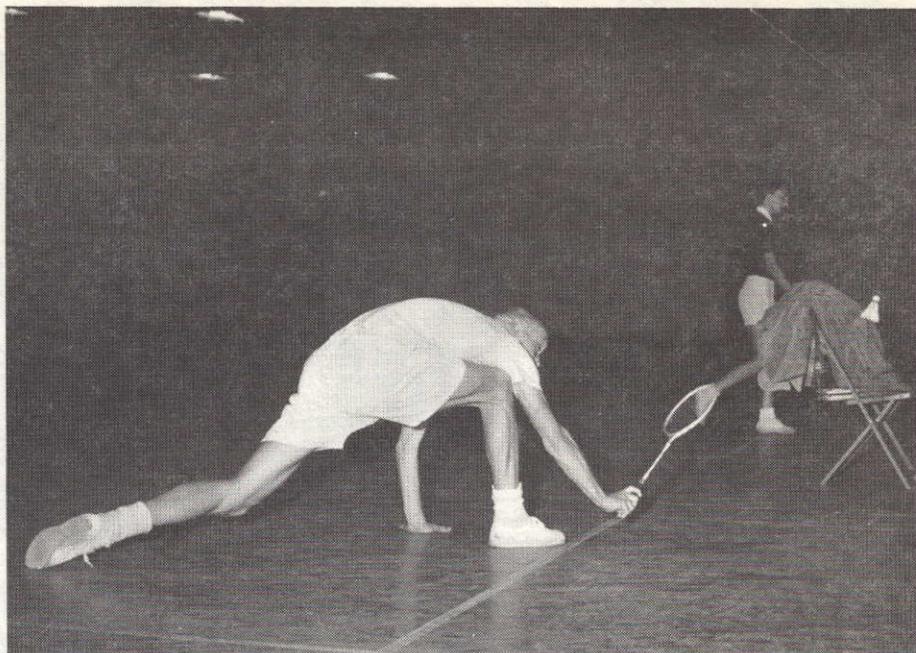
Each country may send a minimum of four players or a maximum of six players for each Cup. Events will consist of three singles and two doubles matches. The draw will be held November 6, 1983 in Hong Kong.

The championship tie will be held in May in Kuala Lumpur, Malaysia. Eight countries will be eligible to compete for the cup. The host nation, defending country (Thomas Cup - China/Uber Cup - Japan) and the six qualifying teams.

As dominating as Freeman was, Tibbetts feels he could have been even better.

"He could have been even better if he could have played against more international competition. I had a feeling he always had a little more in the bag," she says. "We'll never know how good he could have been."

In the next issue, Freeman describes his style of play, why he entered medicine, his contests against badminton stars Guy Reed, Jack Purcell, Noel Radfort and Carl Loveday, and his great victory in the 1949 All-Englands.



Freeman demonstrates his defensive powers.

Maccabiah Games

The 12th World Maccabiah Games will be held in Israel in 1985 from July 15 - 25th and will welcome approximately 400 American athletes, trainers and coaches. They will join more than 4,000 athletes competing in 32 different sports featuring world class competition in the style of the Olympics. The Games attract participants from 35 different nations with all participants sharing the common bond of belonging to the Jewish faith.

Badminton was first included in the Maccabiah Games in 1977. The next Games, to be held July 1985, is the first time that the United States will field a team. The badminton team that will represent the U.S. will be chosen and funded by the U.S. Committee Sports for Israel.

The team will consist of four men and two women. Competitions will be held on an individual tournament basis as well as one country against another. This will see individual champions honored with medals as

well as the best overall national team. The team competition will consist of three men's singles, two men's doubles, 2 women's singles and one women's doubles. The individual competition will also see a mixed doubles draw.

Any United States badminton player of the Jewish faith interested in trying out for the U.S. Maccabiah team should contact the badminton committee chairman at the following address:

Maccabiah Committee
P.O. Box 3796
Manhattan Beach, CA 90266
PH: (213) 546-3652

Devlin Cup Planned...

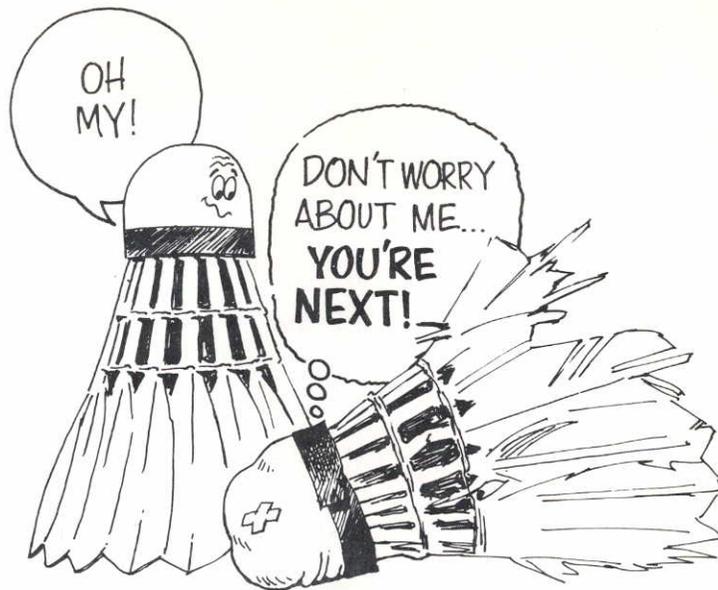
The U.S. will hit the courts November 15, 1983 to defend the ownership of the Devlin Cup. The Devlin Cup (U.S. vs. Canada) will be played at the beautiful Multnomah Athletic Club in Portland, Oregon. The match format will include two men's singles, two men's doubles, one women's singles, one women's doubles and a mixed doubles match.

Remember, if you move please notify us. It's simple... no change, no magazine!



The Badminton Magazine welcomes any letters expressing comments, complaints or suggestions. We're eager to hear from you.

Send to:
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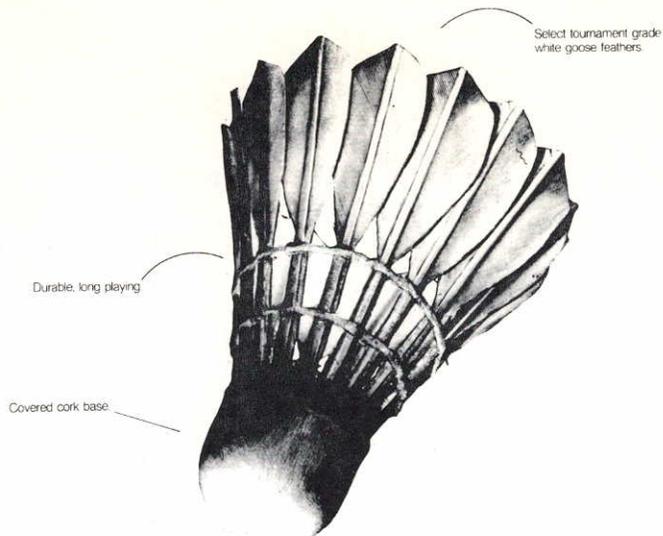
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