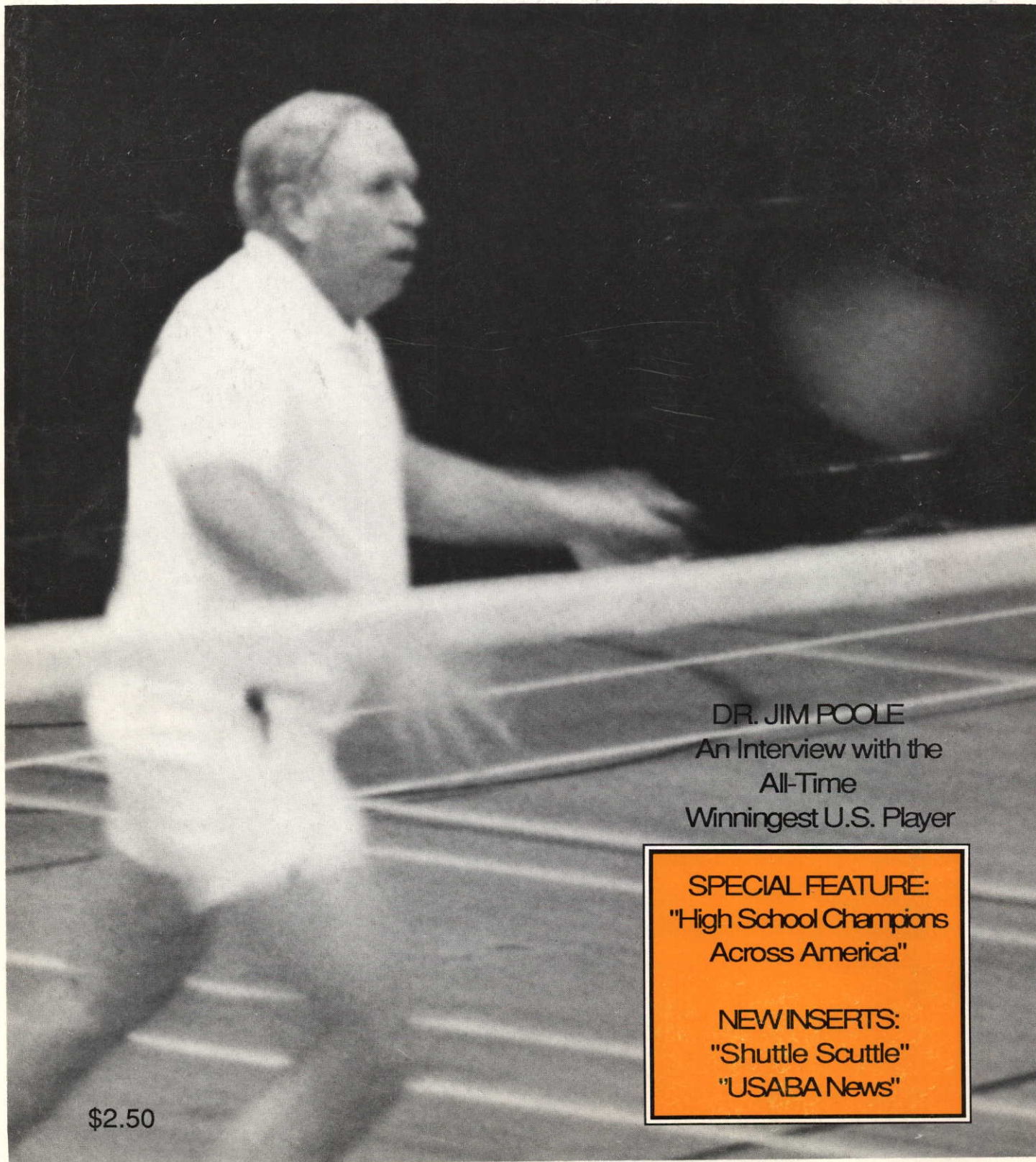


The BADMINTON Magazine

VOL. 2, NO. 3

AUG 1987



DR. JIM POOLE
An Interview with the
All-Time
Winningest U.S. Player

SPECIAL FEATURE:
"High School Champions
Across America"

NEW INSERTS:
"Shuttle Scuttle"
"USABA News"

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The BADMINTON Magazine

VOL. 2, NO. 3

AUG 1987



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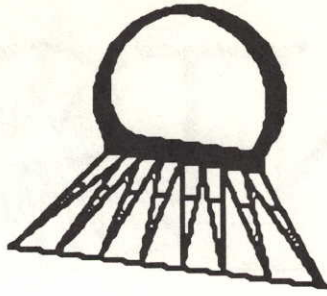
David H. Levin & W. Guy Chadwick

EDITOR: Joy E. Kitzmiller

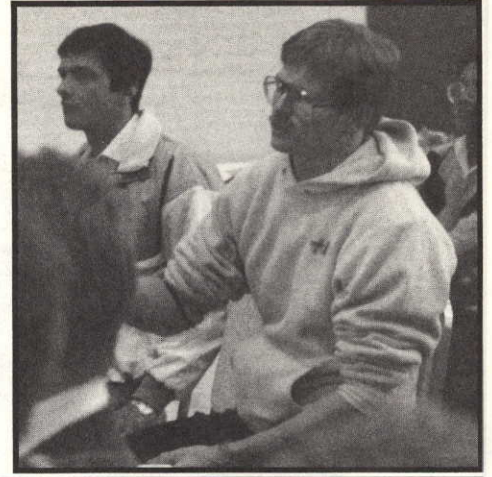
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Publisher's Letter...



Guy Chadwick

THE BADMINTON MAGAZINE is moving upward and onward.

And it must in order to help badminton in the USA catch up to the European and Asian countries. After speaking to representatives of many of the badminton playing countries of the world at the recent World Championships in China, I found that there are two basic national systems that work for developing badminton.

One system depends on the government to choose the potential athletes suitable for badminton; and provide the coaching and facilities to develop these players. The development of the sport is focused on a concentrated group of individuals. China is an example of such a system.

Another method focuses on the development of a large scale school and/or club badminton system. This system allows everyone interested in

badminton to participate, and the various skill levels to surface. Commercial and governmental interests then invest in programs that further develop the tournament badminton arena. Denmark and England offer this type of system at a high level.

It would seem safe to say that the latter method is the best option available to USA badminton. Concentration should then be placed on better organizing school and club badminton in the USA. With more and better organized players, there will be more commercial interest and more money to finance the further development of badminton.

THE BADMINTON MAGAZINE is picking up its production level to help meet this need-- more organizational information and more issues per year for you.

We are particularly excited about two new inserts

contributed by independent badminton associations. The Southern California Badminton Assoc.'s "SHUTTLE SCUTTLE" has been a newsletter for SCBA members for decades. The "SHUTTLE SCUTTLE" will now be presented as an experimental sectional insert of THE BADMINTON MAGAZINE (see pp. 13-16).

A new youth badminton organization called the "United States of America Badminton Association (USABA) has recently formed. The USABA is a group of remarkably self-motivated boys and girls that are training for the Olympics. The USABA is also contributing information about their efforts (see pp. 11-12).

We will all benefit by the information the SCBA and the USABA share with us. By learning something of their mode of operations perhaps we can better organize badminton throughout the USA.

EDITOR'S NOTE:

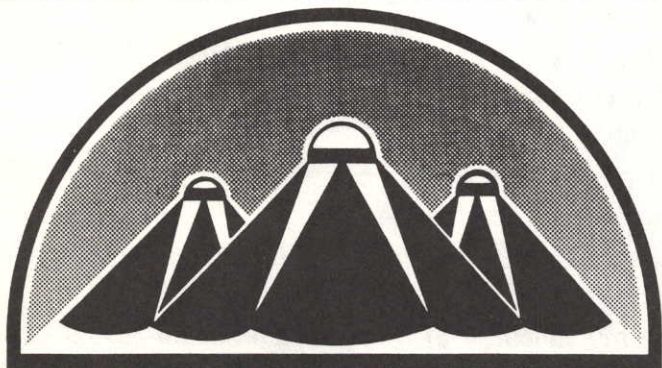
THE BADMINTON MAGAZINE is constantly changing to meet the varying demands of badminton enthusiasts. In this issue we concentrate on our nation's high school stars and hope to continue our high school coverage throughout the season.

The next issue will begin an ongoing list of college badminton teams. With this new addition, we hope to keep high schoolers informed of badminton opportunities after graduation and to increase participation in college tournaments and league play.

Although not many colleges have scholarship badminton programs, there are a lot with clubs and partially funded, intercollegiately active teams. Some leagues are run solely by ambitious students, without the help of university athletic departments.

Sound interesting? Leave it to THE BADMINTON MAGAZINE to keep you informed!

Joy Kitzmiller



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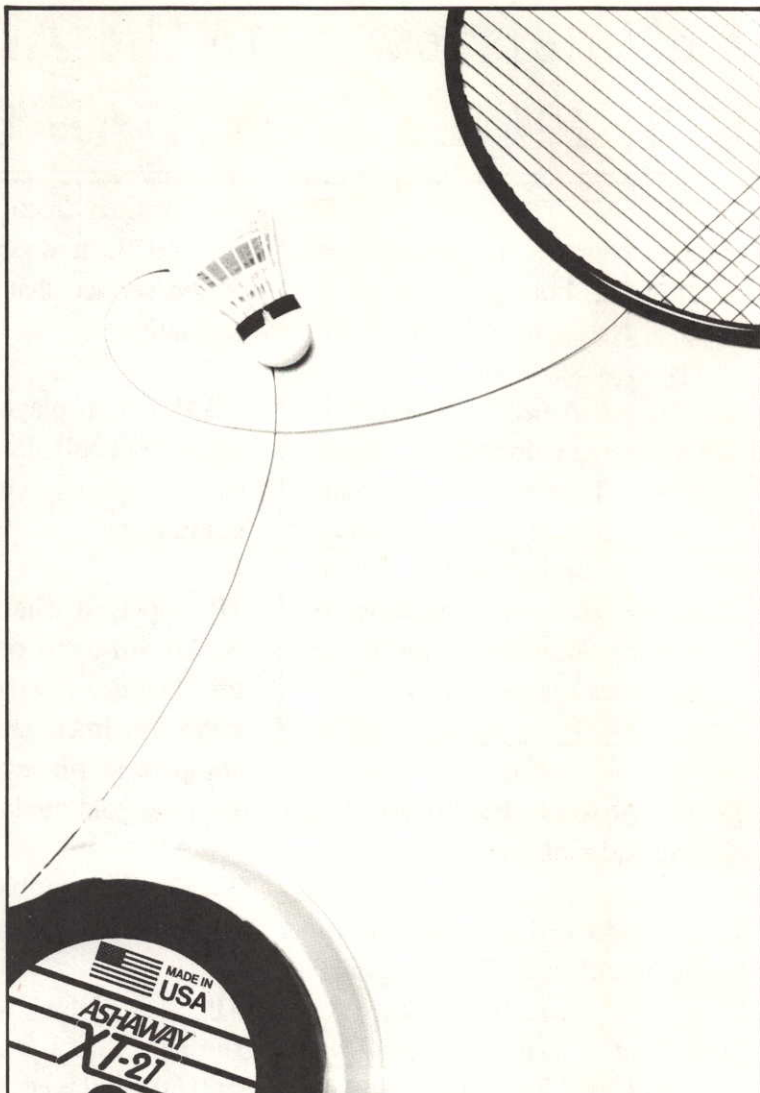
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An Interview with the All-Time Winningest U.S. Player... DR. JAMES POOLE

Dr. James Poole of Westminster, California, holder of over 50 U.S. National Championship titles, was also one of the few successful American players in international competition. He has a Ph.D in Physical Education and is the author of the widely-used handbook on badminton. Poole continues to excel both nationally and internationally in the senior and master age categories.

TBM: At what age did you begin playing badminton?

JP: I started at age 21 in a badminton class at San Diego State University just for kicks. As it turned out, a classmate and I were the best in the class, and the instructor suggested we play on Wednesday afternoon with the intramural club. When a couple of girls challenged us, we figured they wouldn't be much of a problem, until they beat us about 15-4, and we decided that we didn't know all that there was to know about the game. I also had friends that played regularly at Balboa Park.

TBM: We understand that you began to play serious badminton much later than most tournament players. What took you so long?

JP: I started college at San Diego State in the Fall of 1950 and graduated January, 1955 with a B.A. in Education. I then went into

the Airforce from June 1955 until June 1957. It wasn't until I got out of the service that I started to play regularly.

TBM: You played basketball and baseball in college. Did you pursue either of these sports after graduation?

JP: I played what was called AAU Basketball for 6 or 7 years. From this league, I was chosen for the 1955 Panamerican Games team to compete in Mexico City where we won the gold medal.

TBM: Did your background in other sports help your badminton career?

JP: Yes. I think what saved me was the fact that I was a fairly good basketball player, and I was used to making quick movements on the court. I was also a pitcher in baseball, which accustomed me to changing directions and speeds with the ball, and similarly with the badminton racket. With my athletic background, badminton was not a difficult sport. It was just difficult to become consistent.

TBM: What was your best badminton achievement?

JP: I won the Malaysian Open in 1961, which I think was a great achievement because to this day, there have been only two non-Asian players to win that tournament. I in '61 and the Danish World Champion Erlin Kops in either '63 or '64.

TBM: Was this title also the most exciting and important to you?

JP: No. I think winning my first U.S. Open in 1958 was my most important championship. I beat a guy who was quite a bit better than I was in the finals. I played well, and he didn't play his best. He was 2nd or 3rd in the world at the time.

"I beat a guy who was quite a bit better than I was in the finals. I played well, and he didn't play his best. He was 2nd or 3rd in the world at the time."

TBM: What other results do you have at U.S. Open tournaments?

JP: I won again in singles and twice in doubles with Don Paup.

TBM: How was your doubles?

JP: From 1965-1975, Don and I could play with just about anyone in the world and we were ranked #1 in the U.S. during that time.

TBM: Why is it that your doubles was more successful overall?

JP: If you look back through the years of American badminton, the

years men's doubles has been always fairly respectable. We just don't have the people to put the time and effort into training for singles.

TBM: How often did you play for the U.S. Thomas Cup team?

JP: Six or seven times. I also coached four teams.

TBM: What was the highest place achieved by the U.S.?

JP: In '58, '61, and '67 we won the American zone. Now (since '73) others such as Japan and Korea have come into our zone and won it.

TBM: There seems to be many more good players (a higher concentration of them) on the west coast. How can you explain that?

JP: I think it's due to the higher quality of practice and tournament competition that perpetuates this trend. You have to be around other players of similar ability. When I started playing in San Diego, six of the top ten in the country played at the same gym as I did. People like that force you to play better. The East and Midwest players are just too spread out. Every tournament is a major trip. That's why countries like Denmark and England have good players-- because maybe forty or fifty good players play in nearby clubs.

TBM: What do you think the qualifications of a national coach should be?

JP: I'm of the opinion now that we have nobody in this country that is qualified to be a national coach, and I'm including myself.



Dr. Jim Poole, "J.P." - the dominant U.S. player of the 60's and early 70's.

TBM: But you're experienced.

JP: Yes, but there is no one who's up-to-date in seeing all the new ways people are being trained. If we're ever going to have a national coach, it ought to be someone from the outside. I'm not excluding Tariq Wadood; he could be a national coach, or possibly Yao Ximing. It must be somebody with recent international experience. The coach should come into the job fresh with no preconceived notions, no players that he trained as juniors, no personal attachments.

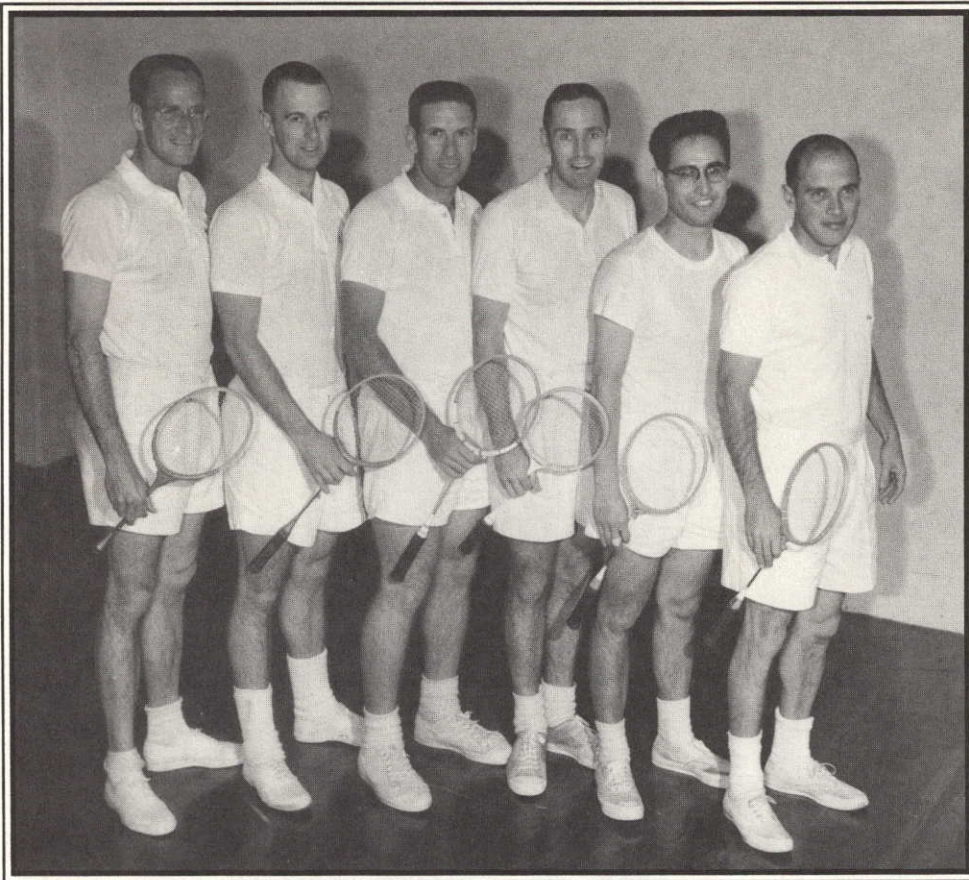
TBM: American players seem to improve a lot when they have the chance to play overseas.

JP: Yes. When you see good badminton, you start to emulate it and of course it improves your game.

TBM: Do you think badminton is a good "Olympic" sport?

JP: Yes. At least 35 countries play it. There's enough representation.

continued on the next page...



Jim Poole (third from left) with the 1960 U.S. Thomas Cup Team

TBM: What do you think Olympic status will do for badminton?

JP: That's strictly a guess on my part. I would hope that we would get more newspaper and T.V. exposure, where people could see the quickness and the speed that cannot be portrayed in writing. The exposure might bring more participants that could contribute to American competition.

TBM: Speaking of T.V. exposure, you were one of the NFL referees for the 1987 Super Bowl. How were you selected for that prestigious position?

JP: Although we work in permanent crews during the season, once we get to the playoffs, the referee selections are done individually. We are rated according to our individual performances throughout the

season, and the top referee from each position (he with the highest points) is chosen for the Superbowl.

TBM: What is your position?

JP: I'm a "back judge." I stay downfield, seventeen yards away from the ball on the sideline. I have to run when they send a receiver deep for a long pass. Judging the catch and any interference is my job.

TBM: How many NFL referees are there?

JP: There are 107 - fifteen crews of seven and two spares.

TBM: Have you ever been threatened by a football player?

JP: No, not really. They yell a bit, but they know what they can get away with.

TBM: Back to badminton--how would you compare badminton of the '50's and '60's to the badminton of today.

JP: It's a lot different. There are more players now. You can't compare the years because the games are so different. We all used to hit slow around-the-head shots until the Danes introduced us to the backhand. Now the game is much quicker and there is much more physical training required. In my day, many people didn't even train, they just played games.

TBM: You have displayed some temper on the courts.

JP: When?!!

"I've found that the more temper I show, the less I'm concentrating."

TBM: How do you keep cool in the big points?

JP: I've found that the more temper I show, the less I'm concentrating. When I'm playing really well, I can accept a lost rally or missed shot without revealing my emotions. Showing emotions shows me lack of concentration.

TBM: Have you been able to include the study of badminton in your work as a Ph.D?

JP: Yes; it started when I analyzed differences in racket acceleration for both the backhand and forehand for

my dissertation as a Ph.D candidate. It was a safe topic, because my advisors did not know enough about badminton to challenge me. Right now I am the head of the P.E. Department at California State University at Dominguez Hills. Next year, I will be going to Canada on sabbatical during the spring semester to do another badminton research project.

TBM: How did your family react to your athletic career?

JP: My wife, Sue, was not overly enthusiastic about my travelling, particularly in the early years. My kids were active and took up the game for awhile, especially my daughters Kelly and Lisa. My son Jon pursued a football career as a placekicker and almost made the Pros.

TBM: It's a well-known fact that you love ice cream. How much can you eat in one sitting?

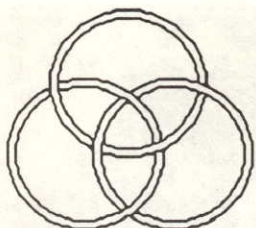
JP: Actually, I haven't felt like eating ice cream lately, and I don't know why. But usually if I decide to eat ice cream, I'll take the whole half gallon and eat directly out of it until it's about half-way gone.

TBM: What's your favorite flavor?

JP: I don't have a favorite flavor, but I do like it plain, without any toppings like chocolate or nuts. You can eat more that way. I also prefer cheaper ice creams because they're not as rich and filling. Again, you can eat more of it; it doesn't bother you. I'm into quantity, not quality.



US #1 - Dr. Don Paup and Dr. Jim Poole at the 1974 USA Championships



USA Badminton Association News

After several months of planning, the formation of the USA Badminton Association (USABA) has at last been completed. USABA is a non-profit California corporation whose sole purpose is the training of athletes for future Olympic competition.

USABA, with USBA and Olympic Committee support, will eventually become the focal point of Olympic Badminton training in the USA.

The initial concept for USABA was hatched on board a TWA 747 while returning from the Jr. Nationals this year. Marc Padre, a junior player, mentioned the idea of an organized training program for advanced junior players to Mrs. Kathy Cross. The only thing stopping the formation of the camp was, of course, money. However, as fate would have it, Mrs. Cross is an experienced fund-raiser who quickly saw the merits of such a concept.

"It was impossible to say no to someone with such obvious dedication and enthusiasm," said Mrs. Cross. Many junior players were also on board the same aircraft and by the time it had landed, six players, as well as Mr. Cross, had been drafted into USABA.

Within 30 days the organization was incorporated as a non-profit corporation. Things really began to happen at a speed that has astonished the entire US badminton



The USABA Team: (l - r, back: Kharana, Lam, Padre, Cisneros, Calderon, Bonaparte, Lao, Coach Yao; front: Armendariz, Stephan, Cross, Warner, O'Campo, Flores, Nguyen)

community. The first President of USABA, Mr. Dee Cross said, "This is about the most exciting and rewarding thing that I have done. When I can see immediate, fulfilling results of my efforts, it makes me want to work even harder."

The Olympic Committee is looking to give us possible future financial support. The USBA is supporting us and has loaned us a video camera and NEC computer as training aids. The Canadian Badminton Assoc. has furnished us with a video tape of its training program. Arizona State University's Athletic Dept. has developed a specific weight training program for us. The Manhattan Beach Badminton Club has allowed us to use its facilities in return for junior instruction from our team members. The Hermosa Rehab. Center has donated the time of two

of its physical therapists to examine and treat our players on an ongoing basis. We have had corporate cash donations and three clothing and equipment sponsorship offers.

Currently, the USA Team is comprised of 10 men and 4 women that have committed to a 5 year program. In order to be eligible to join the team, you must be 16-21 years of age upon entry. The team selection committee reviews all applications and bases its decisions not only upon the players' ability and performance, but also on his or her ability to abide by a very strict code of conduct.

"It's tremendously important that all players possess the level of maturity that ensures that they will be able to get along well with one another," said Marc Padre, team member and

new Corporate Secretary. "With ten guys under the same roof 24 hours a day, 6 days a week, we must all be cooperative and well disciplined. We have such a rigorous training schedule that we can't afford disruptions due to personality conflicts or uncooperative attitudes. This is not a summer camp! It's a real intense training program that will get us to the Olympics."

Check out this schedule:

- 7 am - 9 am court drills
- 10 am - 2 pm half of them work
- 2:30 pm - 7 pm court drills
- 5 pm - 9 pm the other half works

In addition, they lift weights for 1 hour 3 days a week, instruct younger juniors for 1 hour 3 days a week, and swim twice a week.

Place in charge world class player Yao Ximing as the Head Coach, and you really have something very

closely akin to boot camp in Mainland China. Yao, who was formally trained in China and was a World Champion in the early 1980's, is currently ranked #1 in the US in doubles and #3 in singles. Yao, with assistant coach Laura Warner, is responsible for all aspects of the training program.

Oh yes, yet another requirement-- all players must attend school. This is not a place for anyone to drop out. Even if some don't make it to the Olympics, at least they will have their college degrees.

"This is where we may have some trouble," said Narith Lao, team member and Corporate Treasurer. "It's going to be extremely difficult for a player to work a part time job, attend college or high school, and train to the extent necessary to get to the Olympics. We need local colleges like USC and UCLA to

offer our players full scholarships. In most of the world, Olympic hopefuls are completely subsidized by their respective governments, but in the USA we must look to private and corporate sponsorship. If this program is to work, we need to have our housing and training facilities fully subsidized."

USABA memberships are free. Simply fill out the form below and return it to the address indicated. Everyone interested in promoting competitive badminton at the Olympic level or is interested in joining the USA TEAM should join USABA. "We want to know who and where you are," says Quyen Nguyen, team member and Corp. V.P. in charge of memberships. We want to send newsletters to all parts of the country to inform members of rankings, tournament schedules, tips on USA TEAM training and how to get on the USA TEAM.

USABA Membership Application

USA Badminton Association
1020 Manhattan Beach Boulevard
Suite 104
Manhattan Beach, CA 90266

Street Address: _____

Membership Fee: FREE

Home Phone #(____) _____ - _____

Term: Expires on December 31st of each year

Last Name: _____

Work Phone #(____) _____ - _____

My interest in USABA is:

First Name: _____

Name and Address of Club or School: _____

- Olympic badminton information
- to improve my level of play
- to attend USABA training camps
- to join the USA TEAM

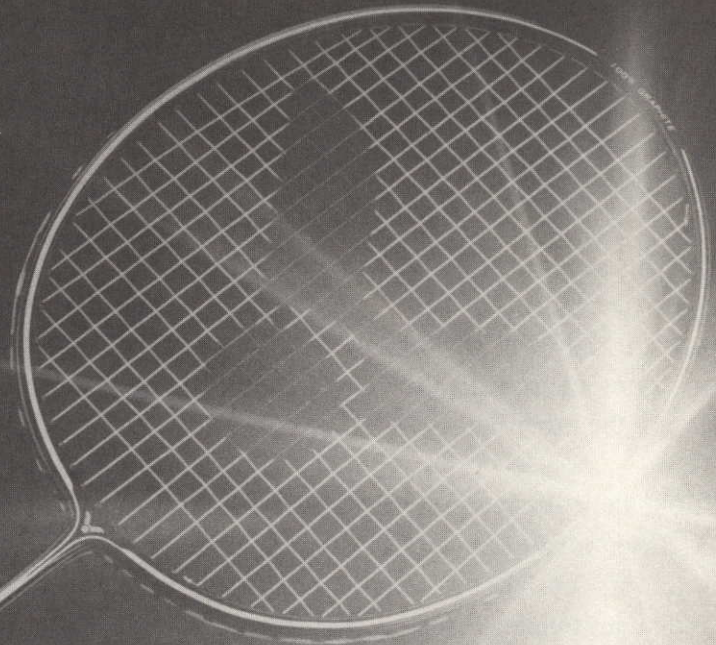
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Summer 1987 "The New Look"

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---EDITORIAL---

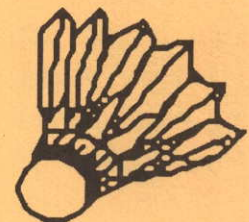
By Kelly Tibbetts

Nearly all you regular readers of Shuttle Scuttle are wondering what is happening, right? I hope you appreciate the bargain you are getting, starting with this issue - SS has now become nestled in The Badminton Magazine. You get both. I want to let you know that David Levin of HL Corporation wanted to combine our publications and we think it is a very interesting experiment. We hope it works out well for all readers. Please drop us a line and let us know what you think. David never stops helping badminton in one way or another. SCBA is grateful for his constant advice and his innovative ideas.

You should notice in the masthead that we have a full complement of directors now. In June the General Meeting of SCBA was held in the home and backyard of Cass and Dennis with kids included, barbeque devoured, and a turnout of club reps that made everyone proud. This has been an excellent first year of Cassandra's Presidency. We have gone from a murky group of one club and lots of potentials to eight paying clubs. Our treasury was in limbo without a treasurer and it is now organized and Hal Carlson is overseeing the funds. We ran the California State tournament in glowing style for '87 with Max Headroom t-shirts and Yonex coffee cups for all entrants. The "A" Grand Prix was well supported this season, the

records were kept up to date and the players have long since been paid off for their prizes. We had our first year of B-C Grand Prix; it was smashingly successful. The Fronton went off with all players, betters and bet-takers having fun.

I tell you, with this lady's ability to get things done nothing is impossible. Thank you Cass for all your hard work and for keeping us on the stick. SCBA is on a roll - we're all set for the new season. So look out '88, here we come!





President Cassandra Salapatas-Metz

PREZ SEZI

I'm happy. Two small words, but back in October I thought I would never be able to say that. Taking over as President I felt our biggest responsibility was to entice clubs to rejoin the SCBA. With the return of MBBC, Pasadena, Valley, Long Beach, Colton, Glendale, Burbank and the Thai Badminton Club, we were most successful. Also, it was imperative to balance the treasury. With the satisfactory results of the State Tournament, Fronton and support of the clubs, we appear to have put our "house in order." It was quite important to open the line of communication with players and clubs. With the more timely Shuttle Scuttle, SCBA minutes and bulletins, information is now being funneled out to the Southern California areas. Also, the SCBA should be congratulated for establishing the Bill Foy Award and producing a successful YONEX Grand Prix circuit. So as you can see, I have reason to be happy - but not satisfied.

There is still much to do. Naturally we intend to continue our fundraising efforts and other programs, but this season it is most important to get the Ranking & Classification Committee up-and-about. Under the capable helm of David Anderson and volunteers, this committee will soon be serving the tournament players.

SCBA junior players have been neglected in recent years, but with the interest of Dee Cross, we hope to create a strategic program. Obviously you have noticed the inclusion of Shuttle Scuttle in The Badminton Magazine. Through the efforts of David Levin and Guy Chadwick, a year's contract for the "new" Shuttle Scuttle has emerged. I feel the SCBA has a superior Board of Officers and Directors with valuable ideas and enthusiasm to match. I am confident we will continue serving and promoting badminton in Southern California. Please feel free to contact any Board Member with questions or comments.

WANTED !!!

Volunteers to serve on the
SCBA Ranking and
Classification Committee.
Call Chairman
Dave Anderson at
(213) 484-4555 (day).

UNIVERSITY NEWS

The 1987 California State Intercollegiate Championships were held at Fresno State University on April 4th and 5th. The tournament was a well-run event put together and managed by Marlene Dunn, Lynn Ketter, and Dr. Mary Mott of the P.E. Department of FSU. We tip our hats to them for an excellent job. Nine schools took part: Fresno, Davis, Berkeley, Claremont Colleges, Stanford, Hayward, Long Beach, San Francisco State, and American River College.

A player from Malaysia played for FSU. Erlack Ng, who played in the qualifying rounds of the All England, breezed his way to the finals of the men's singles to beat Alan Dixon (UC Davis). Ng teamed with Thomas Chee to win the doubles over Roan Lamp and Steve Chan of UC Davis. Michelle Tafoya (CSU Long Beach) defeated Hue Tran for the women's singles crown and then teamed with Dina Ayson, also of CSULB, for the doubles title over Gomez and Delaney of San Francisco State. Michelle had a shot at a triple crown when she reached the finals of mixed with Eric Wong, but lost to Roan Lamp and Nimi Mahadevan of UCD.

The whole meet was well done, fun, and followed by a social to round out the badminton.

THE YONEX/BETTER-WAY B-C GRAND PRIX

By Ed Matanga

After a few years of Championship-Flight Grand Prix tournaments with money prizes for the players who accumulated the most points, a very far-sighted and efficient group formed a Grand Prix for B and C players. They have completed their first year and let me tell you, it was a flying start. They had two very cooperative sponsors - Better-Way Bread and Yonex, an enthusiastic set of entrants, mighty accomplished tournament directors, and a great set of record-keepers. This is destined to be one of the most successful ventures around SCBA.

Prize money was divided among the players who had earned the most points in a series of five tourneys. The top eight players in each category were invited to the individual finals where the finalist of each event shared \$100 in prize money.

BMS Dave Anderson def. Klaus Pedersen	CMS Quyen Nguyen def. Tom Clickner
BWS Mary House def. Julie Stephan	CWS D. Gudmundsen def. Clody Johnson
BMD Mason-Rivera def. Kamphius-Penn	CMD Clickner-Padre def. Bolle-Tang
BWD Chan-Warner def. Hudson-Stephan	CWD Tang-Hui def. Callahan-Carter
BMX Rivera-Warner def. Mason-Chan	CMX Tang-Tang def. Doughty-Condon

The B-C Grand Prix committee would like to thank all the players for taking part in the tournaments and most importantly the sponsors Ben Yoneyama of Yonex and Egon Reich of Better-Way Breads, whose support and sponsorship made the whole idea of B-C Grand Prix possible. Special thanks goes to the Grand Prix committee for all the hard work done. Next B-C Grand Prix Circuit begins in July.

UP-AND-COMING...

Any sport keeps an eye on future players. Without such a program, the best of sports would die. So we are dedicating space in Shuttle Scuttle for our young hopefuls. This issue we present KELLY RIVAS. By the time she starts playing seriously, she will have mastered the smell of sweaty sneakers, dripping t-shirts, and cold gyms. Nice start, Kelly - keep up the good work.



TBM 8/87 P. 15

Tentative Schedule for SCBA 87-88 Season:

July '87

3-5	San Diego ABC
10-12	Costa Mesa Open - BCD
17-19	Colton BCD

Aug '87

22-29	JVP Sr., etc., at MBBC
??	BC Gr. Prix - San Diego

Sept '87

4-6	Hilo, Hawaii Open
11-13	KT Open, A-B, MBBC
18-20	BC Gr. Prix, Pasadena
??	"A" Gr. Prix, Nor Cal

Oct '87

3-4	BC Gr. Prix, Long Beach
9-11	MBBC Jr. Tournament
17-18	Arizona State Inv., ABC
30-Nov.1	Valley Open-B-C-Gorilla

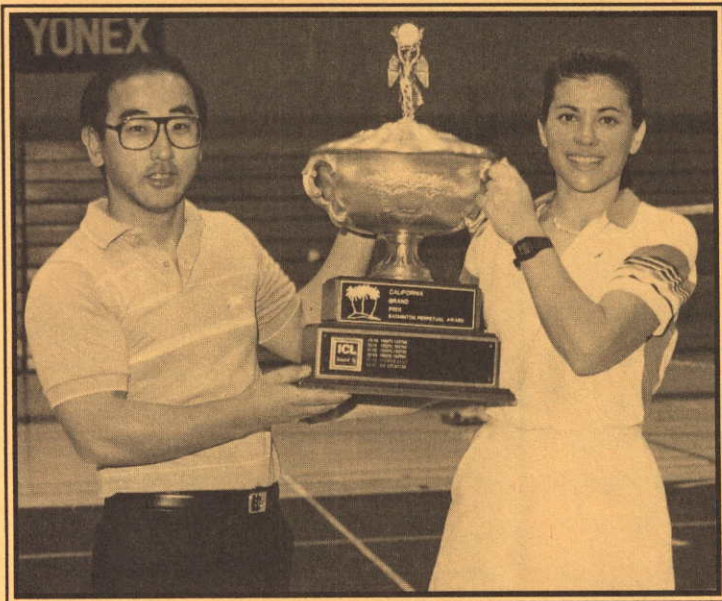
Southern California Inter-Club Badminton League

The 3rd season of SCIBL was rather exciting...providing a new champion, Bolsa Grande, to replace two-time returning champ Long Beach.

The final standings were: Bolsa Grande 4-2, Long Beach 3-3, Pasadena 3-3, Riverside 2-4. This format is good fun and more clubs are expected to play in the 87-88 competition.

At the end of the SCIBL club season, there was a championship for individuals. The results were as follows:

MS - Ferdinand Rivera
WS - Mary House
MD - Kamphius/Penn
WD - Chan/Warner
MX - Kamphius/House.



Champion Linda Safarik with Ben Yoneyama

---YONEX GRAND PRIX---

The SCBA sponsored California State Championships held at Cal State Dominguez Hills culminated the Yonex Grand Prix circuit. This year's successful series of tournaments enabled 29 players, the largest number of individuals in Grand Prix's eight-year history to divide the prize fund.

The Yonex Grand Prix is a five tournament series which encourages participation throughout California. Yonex contributed \$3,000 to the 1986-87 Grand Prix, of which \$2,000 was used for prize money. Two additional sponsors, Exceed Energy Drink and NY Seltzer, were also secured, prompting a most exciting circuit.

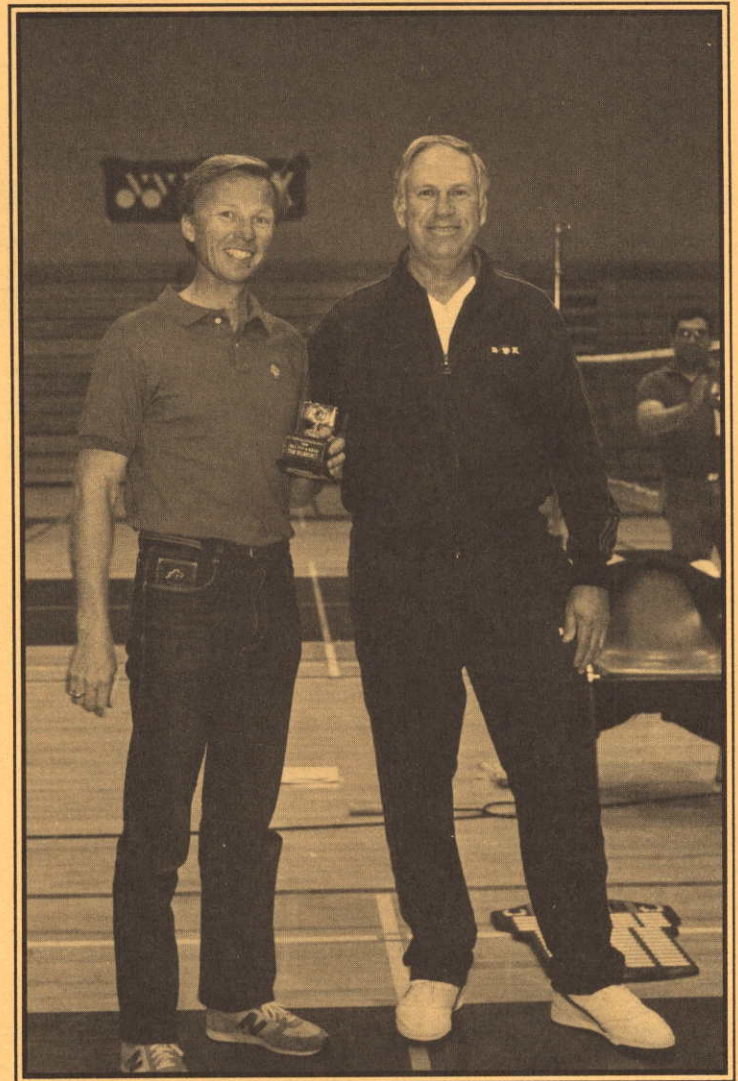
Below are the winners for this year's Grand Prix:

- Men's Singles-- Tariq Wadood
- Women's Singles-- Linda Safarik
- Men's Doubles-- D. Metz/T. Wadood
- Women's Doubles-- T. Britton/L. Safarik
- Mixed Doubles-- G. Chadwick/T. Britton

There was a total of 7500 points earned and at \$0.39 per point, the purse was a whopping \$2,925!! The highest point winner overall was Guy Chadwick, with Linda Safarik and Tariq Wadood a close 2nd and 3rd, respectively.

---BILL FOY PHOTO CONTEST WINNER---

The first Bill Foy award was given to Tom Wilmhurst for his great picture of shuttles being thrown instead of rice at Alex Rodriquez' wedding. It is on display at the Pasadena Badminton Club.



Tom receiving his award from Jim Poole.
Tom donated his \$100 prize to the PBC fund!



Ben Yoneyama, left, and USBA Pres Stan Hales, right, present Grand Prix trophy to Tariq Wadood

TEAM HL'S OFF-COURT TRAINING

The following exercises are a must if you plan to seriously improve your game. They should be done in addition to on-court practice sessions (drills and playing). Find an open area where you can mark off a forty-yard straightaway (a grass field or track, for example). Two "lengths" (zero to forty and back) of any exercise (C through P) is considered one "set." Each exercise, should be done with as much speed or quickness as possible.

The exercises below are in suggested order. You should do the all of the exercises, with the exception of Q and R, for time. Start with a 20-minute workout, and increase it each week by increasing the number of sets of an exercise or exercises of your choice (preferably those that are most beneficial to your particular game).

Always begin with five minutes of jogging and a good stretching routine to avoid injury. The rest of the workout is flexible, but we suggest that you begin by doing one "set" of each exercise (C-P) without a break and time yourself with a stopwatch. If it is not strenuous enough, or if it is too strenuous, alter the routine accordingly.

Exercises and descriptions:

A. Jogging (5 minutes)

B. Stretching (10-15 minutes)

C. Side Steps: Extend lead foot, then bring trailing foot up to meet lead foot. Do this quickly, keeping knees bent. Do one length with right lead, then the next length with left lead for one set.

D. Cariocas: Begin in side step manner, but trailing foot should cross over the lead foot, alternating in front and behind. Do one length with right lead, then the next length with left lead.

E. Running backwards

F. Running Lunges: Run forward with the pattern of left step, right lunge (slightly to right, as if lunging at the net), left step, right lunge, left step, right lunge, etc. If you are left-handed, the pattern is right step, left lunge, etc.

L. Hopping on one Leg: Do one length on right foot then one length on left.

M. Walk on Toes: Do not touch heels to the ground.

N. Walk on Heels: Do not touch toes to the ground.

O. Walk on Insides of Feet:

Pronate, drawing knees together.

P. Walk on Outsides of Feet:

Roll ankles out, as if bow-legged.

Q. Stair Jumps: Stand at foot of

stairs. Face sideways right (toward

bannister), left foot next to stair.

Jump on and off of stair with both

feet (5 times). Face step (straight).

Jump on and off of stair (5 times).

Face left (right foot next to stair).

Jump on and off of stair (5 times).

One set = straight (5), face left (5),

straight (5), face right (5).

R. Rope Skipping: Start with 5

minutes and build up.

Exercises Q and R may be done

directly after the workout or on

alternate days. All exercises should

be done at least three times per week

in order to receive the best results.

Exercise Q should not be done for

time, but rather for how many sets

you can do without missing. It is a

test of your endurance and

coordination, and may be used as an

indicator of your progress

throughout the training season.

Joy's Tip:

Hitting the bird against the wall is an essential exercise for badminton players. The idea is to hit against the wall as quickly as possible, stepping into the shot with your racket foot and pivoting with the other. Try to keep the "rally" going for as long as possible. Do this exercise for five minutes or more, three times per week. It will eventually strengthen your entire arm (especially the forearm) and add speed and power to all of your shots.

When you can see and feel the difference this training technique has made, try the same exercise with a tennis racket! The tennis racket will increase your strength considerably, but you should always be careful not to push yourself too hard while using it. Also make sure that your form is correct before using a tennis racket, as incorrect form may cause injuries.



NATIONAL NEWS BRIEFS

NATIONAL TRAINING CAMP

A two-week National Training Camp at the Manhattan Beach Badminton Club during the middle of August has been organized by Martin French of the USBA.

Participants include nationally ranked young adult and junior players between 17 and 25 years of age. The coaches are Yao Ximing, Tariq Wadood, and a European coach sent by the International Badminton Federation.

BARTON'S BACK

Former U.S. National Singles Champion Rodney Barton was the dominant men's singles player in 1983 and 1984. He was twice U.S. National Champion and won nearly every tournament he entered during those seasons. Barton has rarely been seen in competition since then; until the recent San Diego Lyons Open tournament in early July.

Although the draw did not feature the strongest contingent of top U.S. players, Barton was impressive in taking the singles title. Watch out!

REGIONAL, NATIONAL TRIALS

Vicki Toutz, the new USBA administrator for U.S. National team trials, has set the dates for the up-coming 1988 Thomas and Uber Cup selection process.

The National Trials will be held November 26-29, 1987 at the Manhattan Beach Badminton Club. Regional Trials are the responsibility of each of the 5 U.S. regions in order to determine National Trials qualifiers.

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BEIJING EXCITEMENT!!

The U.S. Team gets some positive international experience.



Frost congratulates Yang-Yang while Chinese fans go wild

The United States World Championship Team recently traveled to Beijing, China to participate in the fifth World Badminton Championships. The United States is somewhat of a fledgling country in the international badminton scene, but a generous Olympic grant allowed us to gain valuable experience on which to build a more competitive 1992 Olympic team.

To see the best Chinese players was awesome. They were leagues above all other international players in the women's events and dominant in the men's categories. They swept all events, although the finalists in three events (mixed doubles, men's singles and men's doubles) were not Chinese. The support and popularity in badminton was also unbelievable. It was not uncommon to see citizens whacking a shuttle around on a street corner.

For the semi's and finals of the tournament, the 18,000-seat stadium was nearly filled to capacity, with nationalistic fans screaming for their heroes. However, their cheering was not impolite. They appreciated good rallies, regardless of outcome, and loved the foreign player that had potential to defeat his or her Chinese opponent.

The U.S. Team left for China on May 12th, and after three practice days, the qualifying rounds for the men's singles began. With Chris Jogis already placed in the main draw, Tony Alston, Peter Baum, Guy Chadwick, Kevin Hussey, and Benny Lee had to vie for a draw position. Only Tony Alston qualified, defeating a Frenchman and a Canadian. The other events had no qualifying rounds.

With two players in the men's singles, six in women's singles,

three teams in both the women's and men's doubles, and six teams in the mixed, the US had only three first-round victories. Linda Safarik defeated a Peruvian. Chris Jogis and Linda French ousted a French team, and Benny Lee and Jogis had an impressive victory over a Korean pair. They did not fair as well in the second round, where they lost to Korean, Danish, and English opponents, respectively.

Although the tournament was over for us, we continued to gain experience from watching and from playing morning matches against New Zealand, France, West Germany, USSR, and some Chinese players.

The men's singles was eventually narrowed to Morten Frost of Denmark versus Yang Yang of China. Frost, a multiple All-England Champion, had never won the World Championship. Much to Frost's dismay, this tournament was no different and Yang Yang became the 1987 World Champion, winning a close, controversial third game 15-12. The other results were: WS- Han (Chi) def Li (Chi), MD- Li/Tian (Chi) def Sidek/Sidek (Mal), WD- Lin/Guan (Chi) def Li/Han (Chi), MD- Wang/Shi (Chi) def Lee/Chung (Kor)

The U.S. Team had plenty of time to see the Summer Palace, the Forbidden City, Mao's preserved body, Ming's Tomb, and the Great Wall (the most spectacular sight of all).

1987 HIGH SCHOOL



Finalists of the Chase Manhattan Tourney:
Isabella Lam (L) and Nicol Leandre

-New York City News-

By T. W. Helweg

The "Chase Manhattan High School Badminton Championships" were successfully conducted Saturday, May 23rd at the La Guardia High School in Manhattan. The four "pilot program" schools participated (one from each of the four burroughs), and the enthusiasm of the youngsters and the teacher/coaches was reflected in the competitive spirit of the event.

The tournament was structured to award medals (gold, silver, and bronze) to the individual event winners. In addition a "Chase Manhattan Team" trophy for first and second place was awarded to the two schools who had attained the largest combined point total in the tournament.

The tournament director, Mr. Arthur Murtha, is also the USBA/NDC's (National Development Committee) Director of Operations. He was singularly responsible for planning and implementing the entire NYC (New York City) badminton program which commenced last year and carried through into this final tournament.

The original "Pilot Program" was sold to NYC last March as a promotional by-product of an Exhibition Clinic conducted here by Guy Chadwick and Yao Ximing. The four major manufacturers, HL, Black Knight, Carlton, and Yonex, provided racquets, nets and birds,

and the NYC Park District outfitted a Recreational Center in each of four burroughs.

The four teams were: High School of Fashion Industries, High School of the Humanities, New Dorp High School, South Shore High School.

In the team competition, Humanities dominated with 43 points and New Dorp was the silver medalist with 25 points. Fashion Industries and South Shore tied for third with 21 points each. Both teams received bronze medals.

The individual events produced the following results:

Boys' Singles

- 1st: Adam Addelston (H)
- 2nd: David Yermak (SS)
- 3rd: Mark Bertraum (SS)

Girls' Singles

- 1st: Isabella Lam (H)
- 2nd: Nicol Leandre (FI)
- 3rd: Maria Mormile (ND)

Boys' Doubles

- 1st: D. Yermak/M. Bertraum (SS)
- 2nd: Tao Ting/Ngai Lee (H)
- 3rd: Joong Lee/Justin Pelley (ND)

Girls' Doubles

- 1st: Shelley Klarer/Isabella Lam (H)
- 2nd: Lillian Wong/Jane Wu (ND)
- 3rd: Eva Valentin/Cari Sierra (FI)

Mixed Doubles

- 1st: Louisa Wong/W. Kwong (H)
- 2nd: Joanna Cheng/Paul Tang (ND)
- 3rd: Cari Sierra/Elvis Ljumic (FI)



The Championship Team: High School of the Humanities

CHAMPIONS ACROSS AMERICA

---Northern California Highlights---

By Andy Gouw

Spartan Invitational...

The second annual Spartan Invitational High School Badminton Tournament, which was held on March 14, 1987 at Mountain View H.S., drew about 90 players from 20 High schools around the area. The tournament was sponsored by Asby Sports and HL Corporation. The tournament Director Rich Tierney kept the tournament interesting by running raffles and giving away door prizes.

The winners:

GS: Joanne Nielsen (Gunn HS)
BS: Ray Winje (Roseville HS)
GD: T. Brown/S. Lanese (Sequoia)
BD: Y. Shaw/R. Woo (Gunn HS)
MX: Y. Shaw/J. Nielsen (Gunn)

General Interest...

At Newark Memorial High School badminton must be the most popular sport on campus. 126 kids signed up for the team. The school itself has an enrollment of 17,000 students. Under coaches Vance Walberg and Paul Weiss, they did a double practice as time allowed. It was no surprise that their annual high school tournament drew 220 and 120 players on two successive Saturdays. The growing interest in the game is a trend seen throughout California due to the high influx of the Asian population and its being the only sport on campus that is coed.

CIF CCS Championships...

The California Interscholastic Federation Central Coast Section Championships were held April 16-17, 1987. The location of the tournament, Independence High School, was a very befitting place with twelve courts and an enormous entry. It ran smoothly under the supervision of Director Mike Gervasoni and Company.

Pomona College bound Joanne Nielsen achieved a rare distinction in her third year of competition. Since CCS allows play in only one event, Nielsen won the Mixed Doubles in 1985, the Girls' Doubles in 1986, and finally the Singles in 1987.

The new prodigy in the boys' category was Raymond Wu. He had to struggle in the early rounds, but roared back from the losers' bracket to win the tournament. The final results were:

GS: Joanne Nielsen (Gunn) d. Andrea Gill (Palo Alto) 5,8
BS: Raymond Wu (Jefferson) d. Yun-Chih Shaw (Gunn) 1,5
GD: Joanne Kesselring/Becky Highlander (Mountain View) d. Mele Tuiono/Nancy Finaw (Sequoia) 5,11
BD: Ash Saxena/Andre Cheng (Gunn) d. Mike Sokoloff/Steve Skinner (Homestead) 9,1
MX: Jenn Chow/Lynn Stepovich (Lynbrook) d. Ken Salinger/Tran (Mountain View) 15-17, 7, 2

CIF NCS Championships...

The California Interscholastic Federation North Coast Section Championships (May 30, 1987) drew the best players from 21 high schools for this prestigious one day tournament. When it was finally over, Berkeley came out on top in the team competition, followed by Mission San Jose and Santa Rosa High Schools. As coach Lou Anderson remembers, there are too many players and not enough courts at Berkeley H.S., so many players are cut from the team each year. Tung Tran, although cut from the team two years prior, not only made the team this year, but won the Boys' Singles title.

The unusual team of Christina and Jackie Brocklesby, identical twins, won the Girls' Doubles. Gaining an academic scholarship to UC Davis and winning the singles capped a highly successful career for Kristin Tice. The final results were:

BS: Tung Tran (Berkeley) d. J. Vuong (Berkeley) 2, 17-16
GS: Kristin Tice (Santa Rosa) d. D. Ingebretson (Mission San Jose) 1,4
BD: G. Hong Hsu/Frank Wang (Berkeley) d. M. Szeto/K. Tang (Arroyo) 8, 14-17, 4
GD: Christina & Jackie Brocklesby (Newark Memorial) d. J. Baer/C. Añonuevo (Irvington) 3,10
MX: Kerri Winters/Lev Kirshner (Mission San Jose) d. G. Ku/S. Lee (James Logan) 5,4

Have any newsworthy badminton information?
We'll publish it. We are especially interested in
unusual events and developmental programs.

Please submit stories to The Badminton
Magazine, P.O. Box 3796, Manhattan Beach,
CA 90266.

1987 HIGH SCHOOL

Dade County, Florida...the tradition continues...

Philadelphia's top players

The Philadelphia High School Badminton Championships consisted of four events: An All-Public Tournament, Quarterfinals, Semifinals, and the Championship.

The All-Public Tournament was a huge success, thanks to the coaching staff attending. A special thanks to the work and cooperation from the A. D. Barbara Thumler and coach Ron Cohen of Washington High School. The event was held at Washington HS on Tuesday, May 26, 1987 and run by Donna Barnett of Frankford High.

All participants played very well and hopefully had a good time. The following is a list of the all-public singles and doubles finalists:

Girls' Badminton - All Public Team

Singles

Shirlene Fetlow	Frankford
Angela Gebre	Frankford
Anna Trosslou	Lincoln
Andrea McCoy	Overbrook
Lafonde Bazeme	Washington
Gina Duhart	Overbrook

Doubles

Kris King	
Keron Johnson	Overbrook

Bhavna Mody	
Helen Kopshinski	Frankford

Dawn Weeks	
Stephanie Robinson	Lamberton

The Dade County Badminton Greater Miami Athletic Conference Championships were held May 25-28th. The preliminary rounds were divided into three divisions and played at Miami Lakes High, Coral Park High and Miami Killian High. The top two (finalists) of each event in each division advanced to the final playoff held at Sunset High on Thursday evening, May 28th.

Twenty schools competed with over three-hundred participants. With the help of Sarah Bennett, this high school tournament has occurred every year since 1947 without fail. The perpetuation of this event is also helped along by former Jackson High students Bettie Wilkie and Irene Garriga, who now coach Palmetto and Sunset High Schools.

The Philadelphia Team Championship

By Jane Walker

The finalists of the divisions were invited to compete in the Quarterfinals of the Philadelphia School System Badminton League on Monday, June 1st. From this group of eight teams, Frankford High School, Washington High School, Overbrook High, and GHS advanced to the Semifinals (held on Wednesday, June 3rd), where Frankford defeated Washington 4-1 and Overbrook defeated GHS 5-0. On Tuesday, June 9th, Overbrook became champion by beating Frankford 5-0 in the final.

The final team standings were:

- 1st:** Sunset High School 26 pts
Coach: Irene Garriga
2nd: Hialeah Miami Lakes 14 pts
Coach: Alex Schnaldi
3rd: South West H.S. 13 pts
Coach: Les Madrigal
4th: Palmetto High School 6 pts
Coach: Betty Wilkie

The individual results were:

Mixed Doubles:

- 1st:** Michelle Nelson/Mike Nesmitt (Hialeah)
2nd: Holly Monhouse/Jeff Garriga (Sunset)
3rd: Paul Ling/Sazra Chi (So. West)

Girls' Doubles:

- 1st:** Laura Gray/Lisette Saria (Hialeah)
2nd: Rosa Santiago/Kristine Cousins (Sunset)
3rd: Michelle Lieberman/Lisa Peume (North Miami)

Boys' Doubles:

- 1st:** Allan Chan/Quo Yu (Sunset)
2nd: Nigel Chalmers/Rikki Cacati (Palmetto)
3rd: Vajaz Patel/Alfredi Kong (South West)

Girls' Singles:

- 1st:** Gina Williams (South West)
2nd: Linda Santiago (Sunset)
3rd: Courtney Clark (Homestead)

Boys' Singles:

- 1st:** Ricardo Lopez (Sunset)
2nd: Darren Ten Yuk (Sunset)
3rd: Tim Alexander (Coral Park)

CHAMPIONS ACROSS AMERICA

Southern California preliminary events...

Garden Grove Yonex Tourney:

BS: Martin Flores (Colton) d.
Thomas Sububjo (Fullerton)
GS: Tracy Hudson (Garden Grove)
d. Denise Gudmundson (Colton)
GD: Vandervoort/Lee (Buena Park)
d. Nool/Bitanga (Palm Springs)
BD: Stiles/Saito (Palm Springs) d.
Trainh/Dang (Estancia)
MX: Flores/MacDougall (Colton) d.
Saito/Nool (Palm Springs)

Covina High School Touney:

BS: Darshan Weerasaker (South
Hills) d. Eric Silaphet (Covina)
GS: Luz Siasoyco (Nogales) d.
Helen Luo (Mark Keppel)
GD: Ma/Yansoon (Alhambra) d.
Vergeruse/Seisur (San Dimas)
BD: Thai/Kwan (Alhambra) d.
Mahabawami/Bharani
MX: Silaphet/E. Tang (Covina) d.
Rhan/Luo (M. Keppel)

division rivals Kim Hackett and Whitney Pierce of Western H.S., whom they had beaten twice during the season.

The Western pair played a great match. The Poly ladies could not maintain a consistent attack and were plagued by many unforced errors. Hackett and Whitney were the eventual champions, ending Bolus and Keels' streak of titles.

The semifinals of the Individual Singles Championship featured Melissa Randolph of City H.S. versus Dorta Neilsen of Western H.S. and defending Champion Miss Anderson (Clifton) versus Shuk-Kwan Chan (Poly). It was expected that Randolph and Anderson would be in the finals. In the semifinal Chan vs. Anderson, Chan changed her game from its usual patient finesse to an all-out attack. Chan played a very aggressively, forcing the pace, hitting attacking shots, and always looking to create an opening. Anderson, accustomed to Chan's slower game, was caught off-guard, and she succumbed. Chan advanced to the final 11-2, 11-7.

The other semifinal (Neilsen vs. Randolph) was filled with long rallies as both players played a slashing, side-to-side game. Dorta Neilsen looked like the better player having brought experience with her from her native Denmark. But she was not in the shape that

"Triumph over the Odds" in Baltimore

By Ken Wilhelm

May 19-21 were the final days of Baltimore City Public Schools Badminton for the 1987 season. The Team Championship was a one-day event held on May 19th, followed by the Individual Championships. As in any sport there were successes, failures, realized hopes, crushed dreams, and a lot of excellent play.

The Team Championship Final placed Baltimore Polytechnic Institute (hereafter known as Poly) against Lake Clifton. Poly won in a close contest 4 matches to 3. (A team match consists of 4 singles and 3 doubles.) Poly was defending champion and during the 1986 season the team was 13-0 with an astounding individual singles and doubles record of 89-2.

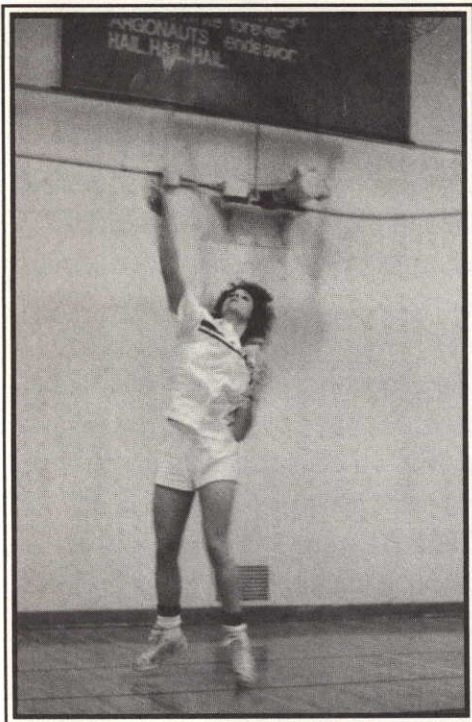
This year demonstrated some stronger play from other Baltimore City schools and Eastern H.S.

merged with Lake Clifton to create a "double power." Nevertheless, Coach Mohammed Awan's team (Poly) pulled out their third team title in five years. It was in this final of the team competition between Poly and Lake Clifton that defending Individual Singles Champ Miss Anderson (Clifton) defeated Shuk-Kwan Chan (Poly) 11-9, 11-8 with an aggressive smashing game and minimal errors. Last year these two met three times, twice in the season and then in the quarterfinals of the championship tournament.

In the doubles, Poly had won the championship four years in a row (1983-86). Last year's runners-up Miss Bolus and Miss Kells (Poly) had moved into the number one spot during the 1987 season. In the 1987 Championship tournament, despite a first round scare, Bolus and Keels made quick work of their quarter and semifinal round opponents to reach the final. There they met their

See "Triumph" page 25...

1987 HIGH SCHOOL



Donna MacDougall of Colton

CIF-SS...Southern California's Olympic Hopefuls

By Dean Schoppe

With the Olympics being dangled in front of us for 1992 in Barcelona, Spain, we have to keep our hopeful eyes on young players who could be the stars of badminton. The high school level right now is the place to watch. As is any badminton league in the U.S., Southern California is in the running and improving every year.

The California Interscholastic Federation Southern Section Individual Finals for badminton, sponsored by HL Corporation, were held May 15 & 16, 1987. Over twenty-five schools sent their league champions and finalists to play this prestigious competition with players rating as high as "A" in open tournaments. The draws were filled to thirty-two entries in each of five events.



Colton - The Championship Team

Top-seeded Martin Flores of Colton High School maintained his #1 high school ranking by defeating Darsharn Weerasekera of South Hills High in the final. Flores was not as dominating in the mixed, however. He and Donna MacDougall had to settle for second place while Eric Silaphet and Eileen Tang of Palm Springs High captured the championship mixed title 15-12 in the third.

Twins Angela and Christian Armendariz of Glendale High School, U.S. National 15 & Under Girls' Doubles Champs, were true-to-form when they beat Gudmundson and MacDougall of

Colton in a tough three-game final. The girls' singles came out predictably with #1 U.S. girl Tracy Hudson (Garden Grove High) beating Thuy Nguyen (Garden Grove High) in two games. This was Hudson's third straight CIFSS singles victory.

In the boys' doubles event, Purcell/Park (Nogales High) defeated Stiles/Saito (Palm Springs) to become the 1987 Champions

The tournament had an impressive number of spectators (on the average). The Tournament

See "Hopefuls" page 25...

CHAMPIONS ACROSS AMERICA

"Hopefuls" from page 24

Committee: Judy Manthorne, Patricia Wells, Sandi Guidi, Ed Matanga, and Judy Smith are congratulated for efficiently running such a large tournament in two days. The CIF official in attendance was Dean Crowley.

The final team standings for the 1987 season were:

4A League

- | | |
|-----------------|-----------------|
| 1. Colton | 6. Glendale |
| 2. Buena Park | 7. Diamond Bar |
| 3. Garden Grove | 8. Alhambra |
| 4. Nogales | 9. Palm Springs |
| 5. Estancia | 10. Costa Mesa |

3A League

- | | |
|-------------|--------------|
| 1. Kepple | 5. Redlands |
| 2. Covina | 6. Kennedy |
| 3. Etiwanda | 7. Gladstone |
| 4. Katella | 8. Alta Loma |

"Triumph" from page 23

tournament badminton requires. In late stages of both games Dorta had trouble catching her breath, and Melissa Randolph was able to pull away late in both games for the match, 11-8, 12-9.

After overcoming two of the league's toughest players, both Randolph and Chan seemed confident. Perhaps Chan had more motivation, because in her peak performance of the season, she alternated between smashing at the body and using attack clears to keep Randolph guessing. By constantly changing speeds and direction of the shuttle, Chan was able to win in awesome fashion, 11-1, 11-2. It was a fitting ending for a young lady who eleven days earlier had been named as one of six Scholar-Athletes in Baltimore City!!

Editor's Note...

This six page section of our magazine was dedicated to high school badminton. I would like to thank all administrators, teachers and coaches who submitted the information and photographs to make this section possible. However, I only received a fraction of the information The Badminton Magazine requested from schools across the country.

If any high school coach has news that he/she would like to see publicised, we will always reserve space for that purpose. We especially appreciate photographs that accompany the submitted articles.

On a different note, the articles indicate two different kinds of badminton teams: all girls and coed. It has been observed that coed teams can be beneficial for the girls (they get stronger competition), and for U.S. badminton in general, as it involves more boys with the sport. A coed team can also be a lot of fun and it may attract more athletes because no other high school sport offers this feature.

Playing singles or doubles and drilling with men has always been the most beneficial part of my training. So for those of you who still either coach or play on an all-girls team, please consider the possibility of going coed. It might just add another dimension to your game!



Martin Flores -1987 CIF-SS Boys' Singles Champion



THE CLEAR DRILL

The clear is the most essential part of every player's singles game. For years I depended on a varied repertoire of well-practiced touch shots and deception. This strategy worked very well in junior competition and against most U.S. women players, but the stronger international players took my game apart by keeping me on the back line.

U.S. women now are getting consistently stronger, and until recently, my opponents' game plans were always, "Keep Joy in the backcourt." I was therefore forced to consider my most obvious weakness, the inability to hit from back line to back line when out of position, and find a training method that would counteract this shortcoming.

I began by concentrating on the clear while warming-up. (In the past, I had always started clearing, but then reverted back to smashing, driving and dropping after just a few deep shots.) I made myself hit solid deep clears for at least five minutes and practiced my footwork in the process. I had noticeable results almost immediately. I then included a certain clearing drill in my training that I had always avoided, because it required so much of my energy. The drill is described below.

The third exercise I did was suggested to me by Tariq Wadood and Vicki Toutz (U.S. Women's Coach). The exercise was hitting with a tennis racket, either against the wall or with a partner. I did this religiously all year, and I think that it was the main factor in my improved

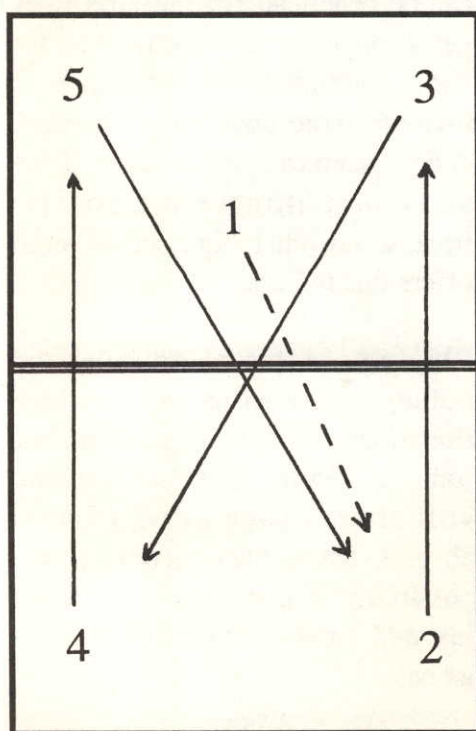
forearm strength.

There are still some U.S. women who are more powerful than I am in the backcourt, but my newly acquired strength has rounded-out my game nicely and has helped me achieve my goals for the 1986-87 season.

Strength is an essential in the men's and women's events; possibly even more so in the men's. If a player can acquire adequate backcourt power and stamina, he or she can control the rallies, because no opponent can hit an attacking shot while on the back line. Provided the player is in good condition, he or she can play almost the entire match with clears (deep clears).

Here is the drill:

THE BASIC DRILL



Player A

Shot sequence is:

1, 2, 3, 4, 5, 2, 3, 4, 5,
2, 3, 4, 5, 2, ...

Player B

There are two players on a court. Player A serves deep; player B hits a straight clear. Player A hits a crosscourt clear; player B hits another straight clear, etc. This drill is continued with A hitting crosscourt clears and B hitting straight clears. B also has the option of smashing either cross or straight. A must hit a straight block return, and B then lifts it out straight and the drill continues. Therefore, A must return to the middle after each crosscourt clear to ensure preparedness for the smash. This drill should be done for at least five minutes this way and then for equal time with A hitting straight and B hitting cross. The players should be sure to hit the clears so that they land between the two back lines.

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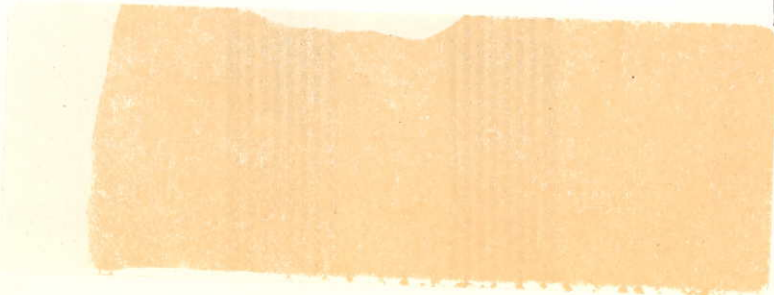
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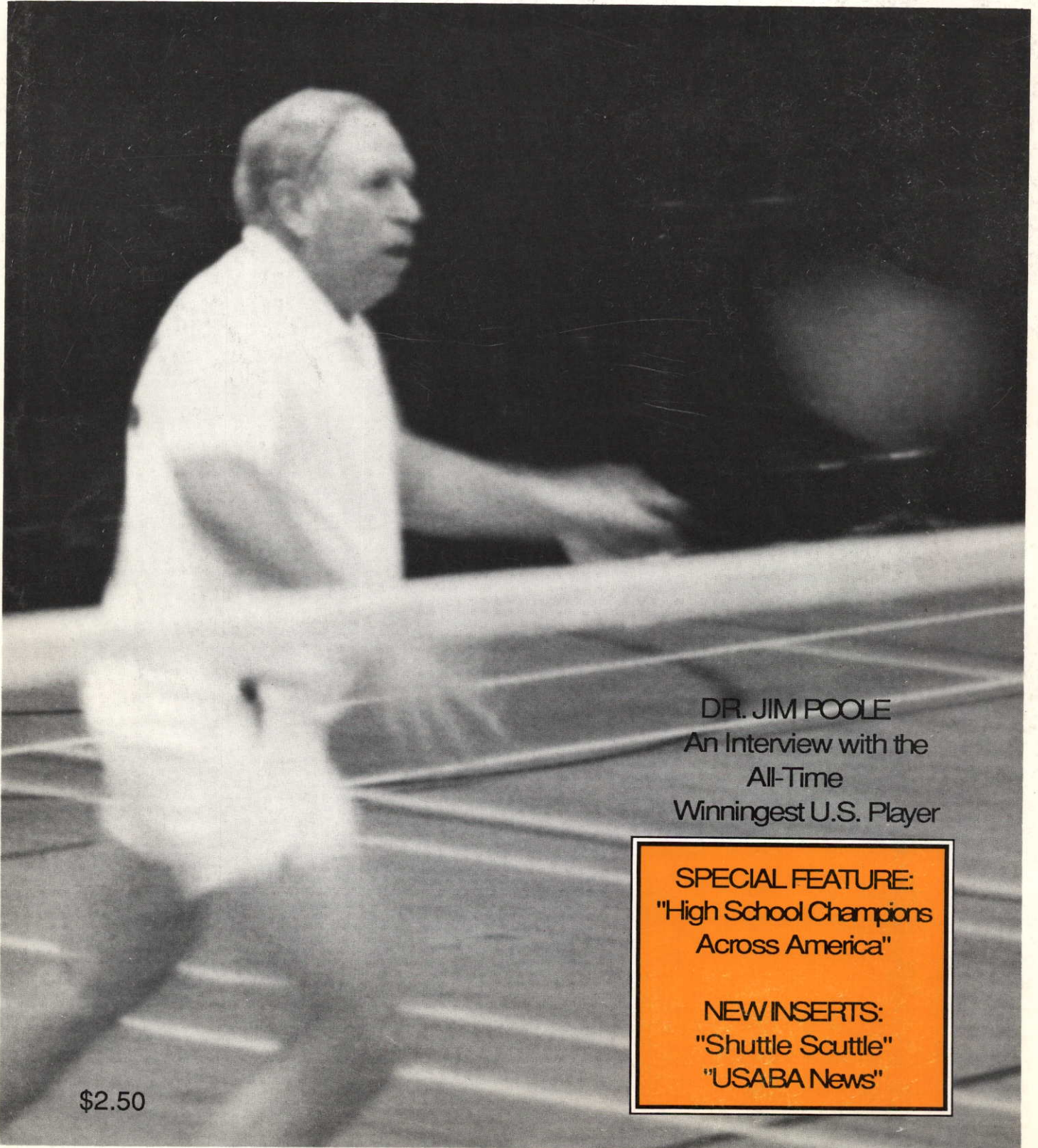
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