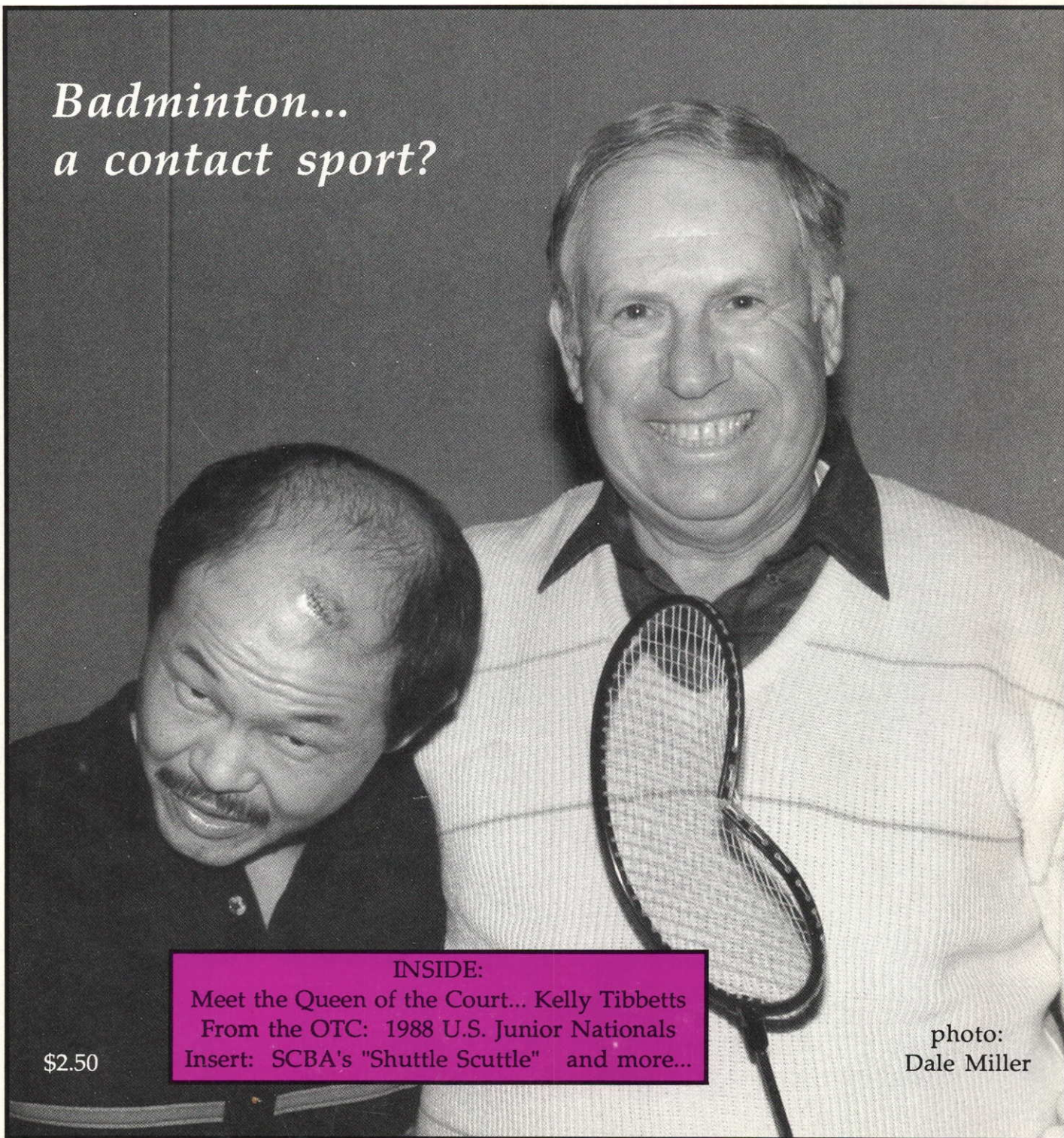


The BADMINTON Magazine

VOL. 3, NO. 2

MAY 1988

*Badminton...
a contact sport?*



INSIDE:

Meet the Queen of the Court... Kelly Tibbetts
From the OTC: 1988 U.S. Junior Nationals
Insert: SCBA's "Shuttle Scuttle" and more...

\$2.50

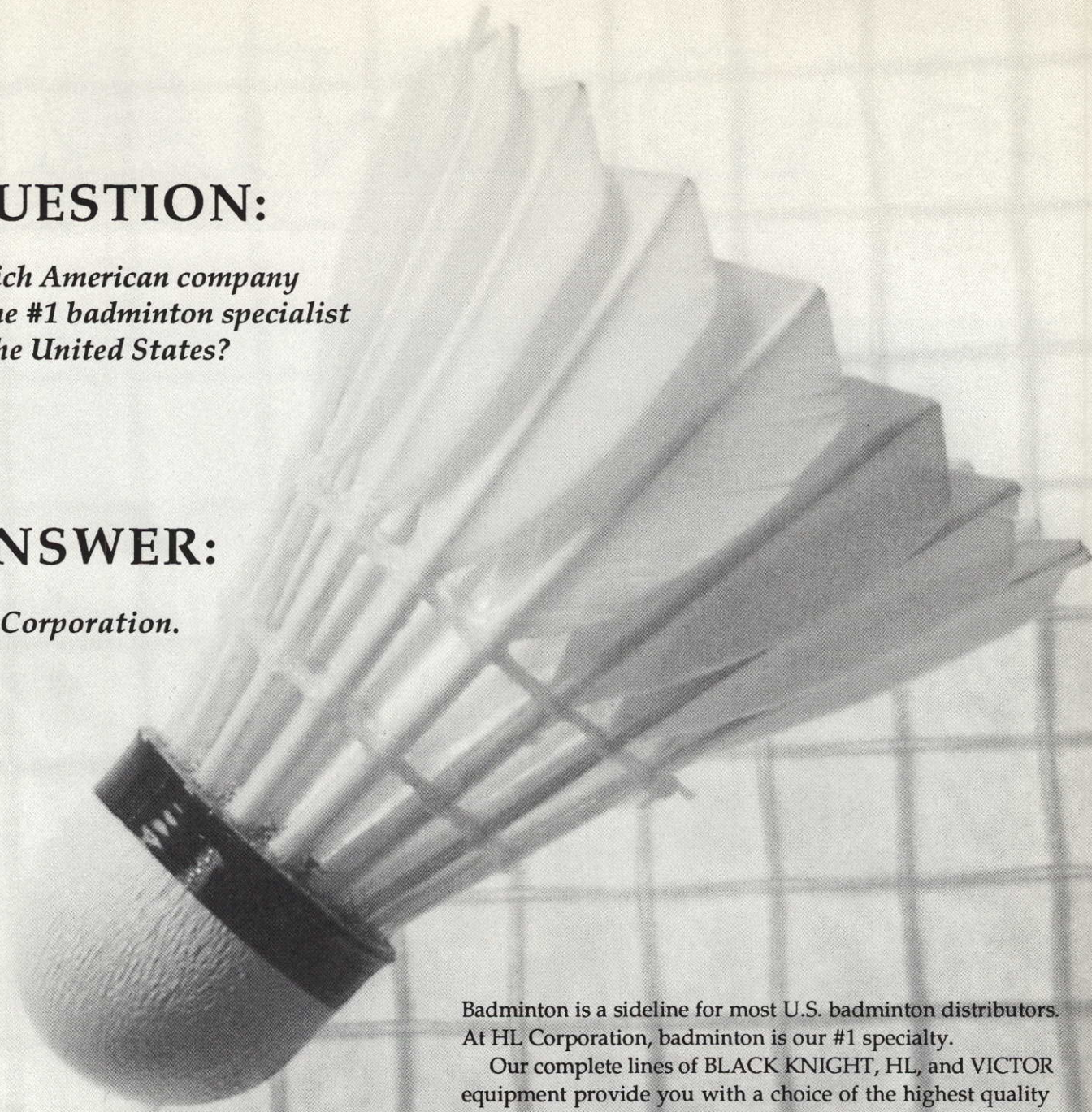
photo:
Dale Miller

QUESTION:

*Which American company
is the #1 badminton specialist
in the United States?*

ANSWER:

HL Corporation.



Badminton is a sideline for most U.S. badminton distributors. At HL Corporation, badminton is our #1 specialty.

Our complete lines of BLACK KNIGHT, HL, and VICTOR equipment provide you with a choice of the highest quality tournament and scholastic products available.

Plus... our staff is on call to answer your badminton equipment and program questions – because each of you is an important part of the new Olympic sport of badminton.

Together, we bring out the best in badminton.



HL Corporation * P.O. Box 3327 * Manhattan Beach * CA * 90266
(213) 546-3652 * (602) 494-9464 (in AZ) * (800) 457-7678 (outside CA)

The BADMINTON Magazine

VOL. 3, NO. 2

MAY 1988

FROM THE EDITOR...

This issue was fun to put together.

The interview with Kelly Tibbetts was enlightening. But, it was somewhat difficult to narrow down her vast store of knowledge into just a few pages. When sitting with her she would often expand her answers to the point that I would forget my original question and get involved in her colorful descriptions of the past. She's an amazing lady, and it's too bad we are limited in how much we can bring you of what she has to say.

The U.S. badminton world seems to really be coming to life. New funding sources, and a generally wider range of support is becoming ever more evident. If we all continue to pull together, badminton will claim its place in the competition of sports.

If you would like a subscription to TBM, send: \$12 for bulk, \$16 for 1st Class mailing, & Your Name and Address to our address below.

-- Guy Chadwick

TABLE OF CONTENTS

FEATURES

- (4) The Queen of the Court...
Kelly Tibbetts
- (7) 1988 U.S. Junior Nationals
at the O.T.C.
- (8) On Badminton Injuries -
By Dr. Tony Grice
- (10) "Shuttle Scuttle" -
The SCBA's News Insert
- (16) Badminton Headlines
- (18) Fundamentals, The
Overhead Forehand Strokes

PUBLISHERS:

David H. Levin, W. Guy Chadwick

EDITOR: Guy Chadwick

LOGO DESIGN: Charles Elay

ISSN NUMBER: 0747-9069



The Cover Photo

These "contact sport" players posed soon after David Ogata's head found itself in the way of Jim Poole's racket enroute to their recent Senior Nat'l Doubles title. See p. 10.

THE BADMINTON MAGAZINE can be reached at 5873 E. Paradise Lane, Scottsdale, AZ 85254, (602) 494-9464. Title trademark is registered with all written materials copyrighted. All written materials published in THE BADMINTON MAGAZINE are the exclusive property of THE BADMINTON MAGAZINE and cannot be reproduced without written permission from THE BADMINTON MAGAZINE.



The LADY of the COURT...

KELLY TIBBETTS

By Guy Chadwick
(with special thanks to Ginny Hales
& Wes Schoppe)

It is impossible to do justice to native Southern Californian Helen Helms Noble "Kelly" Tibbetts both verbally and photographically in this one story. Incredibly, Kelly has been playing since the 1930's and has been a top player since her early teens, and she still captures senior national titles every year. She has played with and against many of the great U.S. and international players, including the legendary Dave Freeman. She has been a perpetual force in the development of badminton. And amazingly, she remembers everything about the who, what, and where of all the badminton history she has been a part of!

Kelly's badminton career began at age 11 on August 9, 1936. Her "great over-doer" father, Bob Noble, had built a backyard badminton court complete with a level asphalt surface, perfect lines, lights, and windbreak fencing. Kelly already excelled at other sports, so she was able to pick up the basics of the game rapidly. But her father knew there was much more to badminton, so he

took her to the nearby Pasadena Badminton Club to see some top players in action.

Like most people when they first see high level badminton, the speed and skill of the game amazed them. Inspired, they started their own club in Alhambra. Bob organized a lot of his tennis friends and he began running tournaments.

In early 1937, a "phenomenal teacher" Guy Reed, a professional who also taught Dave Freeman, began giving Kelly lessons. "I loved to play, and although it never occurred to us to set up drills, I played 6 or 7 days a week to get better." Within a few months she advanced to 'A' flight play where her beautiful strokes, deceptive shots, and her fluid court movement have carried her through to the present day. "Come to think of it, I have never been injured playing badminton in all that time."

Unfortunately, during that era there were no junior nationals, and the adult nationals required players to be at least 18 years old. Kelly had to be content with local and regional play, which nonetheless included some very impressive victories. In 1939 she teamed with Skeeter Erickson to win her first 'A' flight title against Dave Freeman and Sally Williams (the National Mixed Champions from 1940-1942). A short time later the young phenomenon defeated the then current U.S. Ladies Singles Champion, Evelyn Boldrick.

[REDACTED]

"During the late 30's and 40's, badminton didn't have to compete with TV and the incredible hype of today's major sports."

[REDACTED]

"But probably the most critical win in my career came early when I beat the sister of a girl that, up to that point, I could not seem to beat. I clearly remember thinking that if I could beat one sister, then I should be able to beat the other... and I did. From then on I quit worrying about who I was playing, and I focused on the match itself. It taught me a lesson in badminton and life that has stayed with me ever since."

"During the late 30's and 40's our Southern California tournaments drew paying crowds of standing room only! At that time, badminton didn't have to compete with TV and the incredible hype of today's major sports. With Dave Freeman as a drawing card and a few good promoters like Ken Davidson, we received good newspaper coverage in the area and we were even supported by many nearby Hollywood stars."

"But even in those days, few people ever received any more out of badminton than the fun of playing and possibly winning. Even Dave Freeman received far less in travel and rewards than that given to many of the top players today."

And, unfortunately because of WWII, the reward of a national title opportunity was denied Kelly until she was 22. The war had cancelled all nationals until 1947. But by 1947 she had earned an A.A. Degree in Pre-Med, gone to work, was married (to Chuck Tibbetts), and was raising a family.

However, during this time she continued her assault on regional tournaments and she also assisted the great professional badminton entertainer, Ken Davidson.

Continued on the next page...



Dave Freeman and Kelly Tibbetts in the 1940's

MORE ON DAVE FREEMAN...

"...For a quarter he could do anything (except water sports). The first time he ever went bowling, a group of us were there and an experienced high average bowler bet Dave a quarter. Dave beat him."

"...Dave is notorious in the Boston area where he was stationed during the war. Dave beat all of the top squash players there right away. Probably some yo-yo bet him a quarter. They were glad to be rid of him."

"...It wasn't that Dave wanted a quarter so bad; it was that he hated to lose so bad. If he had that additional incentive, he became unmerciful. I've noticed that all of the great players seem to have had that driving force, and he above all others. I never had that though, I just loved to play. And I think that kept me from getting better than I was."

**THE OFFICIAL STRING
OF THE 1987 U.S. OPEN**

**More and more
professional
badminton players
are stringing
with Ashaway XT-21.
They tell us it
has the resilience of gut
without the frequent breakage of gut.**

If your game suffers because a "smash" can often lead to snapped gut—restring with Ashaway XT-21. It's our tough, resilient, 21-gauge badminton string. You may be surprised to find that confidence in your equipment leads to confidence in your game.

**ASHAWAY[®]
RACKET STRINGS**

CONTINUED from page 5...

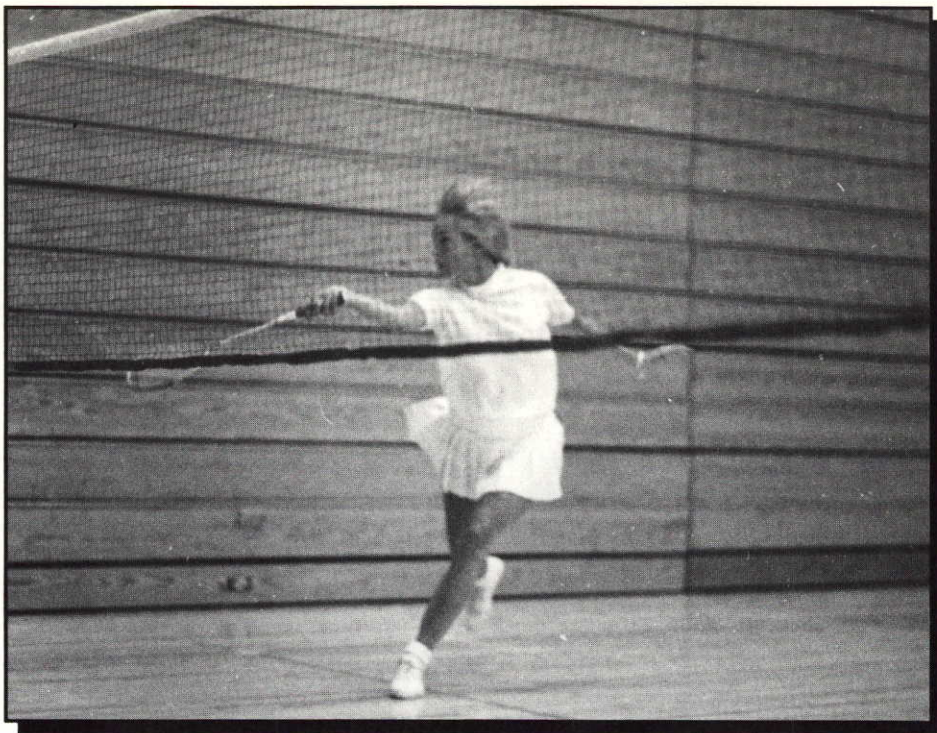
She helped him give hundreds of exhibitions and even appeared in the classic "Let's Play Badminton" promotional film made in 1946. Thus, when Kelly was later honored with the Ken Davidson Memorial Award for outstanding contributions to the sport of badminton, it was extra special for her.

By the time the 1947 Nationals came around, Kelly had just given birth to a son, Jeff. She lost to highly touted Margaret Varner in singles, and she lost in mixed doubles with Dave Freeman - one of only two matches they ever lost together.

In the ensuing years, Kelly was limited in her badminton travels by financial and family commitments. She only played regionally and only attended nationals when they happened to be based locally. But one exception was the 1952 Nationals in Seattle. She was able to participate because of the generosity of her friend Loma Smith. Loma was injured and paid Kelly's way to fill in for her. It was here that Kelly won her first National title, the Mixed with Wynn Rogers.

Kelly would go on to win two more Adult National titles; one Ladies Doubles and one more Mixed as much as 19 years later. She was named to the first Uber Cup squad in 1957 (and from then on until 1968) and she played on the first Devlin Cup team against Canada in 1966. At this time she also began collecting frequent senior adult national titles.

Kelly was inducted into badminton's "Helms" Hall of Fame in 1971. This was particularly satisfying because her middle name, Helms, had been given her by the father of the founder of this Hall of Fame. Rev. Helms had been inspired to



give her his family name because 6 month old Kelly had kissed him at the christening ceremony.

In 1956, Kelly's father was one of the founders of the Southern California Badminton Association. Kelly immediately took over producing the SCBA's newsletter "The Shuttle Scuttle" and she still writes and compiles it to this day (see pp.10-13). She also has helped run innumerable junior and adult local and international tournaments. She has served on the governing boards of the SCBA and USBA countless times. The list of her devotion to the game goes on and on, and her comparison of today to yesterday is enlightening.

"Up until the war there was one heck of a lot of players, but the quality is much better now. People just played then, and relied on their natural talents. I notice this especially in the 'B' levels and junior ranks. 'B' players of today have developed a style and ability which match most of the 'A' players of the old era. The old Southern California Junior Championships used to be a

tournament for rank beginners, not now. The equipment is far better, the coaching is more technical, and more people that know what they are doing are helping to coach now."

"Internationally, the big boom came with the inauguration of the Thomas Cup team competition in 1948. This introduced the incentive for whole countries, and often their governments, to get much more involved in the development of the sport. I know I always got the most excited about team events."

"It sure has been a lot of years now, and I still love to play, even though it sometimes hurts. And I continue to hope that badminton will really gain the respect it deserves. I've been hoping for so long. Maybe now is the time for something new in the national spotlight of sports!"

Kelly is still poetry in motion, and when you see her it's hard to believe that she has been with badminton for so long. You can always follow the "Shuttle Scuttle" to see her in her words.

U.S. JUNIOR NATIONALS

Tom Reidy, a duo-citizen from Ireland who is already challenging the top U.S. adult ranks, took the big trophies as expected at this year's Junior Nationals.



Tom Reidy, Triple Crown Champ

By TERIE CLEMENT

Tom Reidy removed the 18 & Under Boys Triple Crown from the defending holder Paul McAdam at the 1988 U.S. Junior National Badminton Championships held at the Olympic Training Center in Colorado Springs.

Reidy bested a vastly improved Marc Padre, who had upset Paul McAdam in a semifinal, to take the boys singles title. Reidy, paired with McAdam, again overcame an upset-minded Padre and partner Nipun Khurana in the boys doubles finals. Padre and Khurana had surged back from 8-14 in the first game to win 15-14. But, Reidy and McAdam pounded back to win the next two games 15-3 each.

In the mixed, Reidy and his partner Joanne Nielson defeated McAdam and his partner Angela Armendariz.

In the girl's 18 & under singles, Denise Gudmundson proved her seeding by beating 2nd place Stacy Murty in the finals. The Armendariz sisters, Angela and Christy, knocked off 1st seeds Dawn O'Campo and Gudmundson in straight games to take the girls' doubles.

Juniors in all age groups fought for positions on the U.S. Junior Team. Following the Jr. Championships, the 1988 U.S. Junior Team was announced.

*1988 U.S. JUNIOR TEAM;
Top 4 point finishers in
each of the four age groups
for boys and girls:*

18 & U BOYS
Tom Reidy
Paul McAdam
Marc Padre
Nipun Khurana

15 & U GIRLS
Kathy Zimmerman
Kathleen Manha
Tara McNamara
Kristin Johnson

11 & U BOYS
Christopher Hales
Lindsay Gulin
Ben Smith
Mark Manha

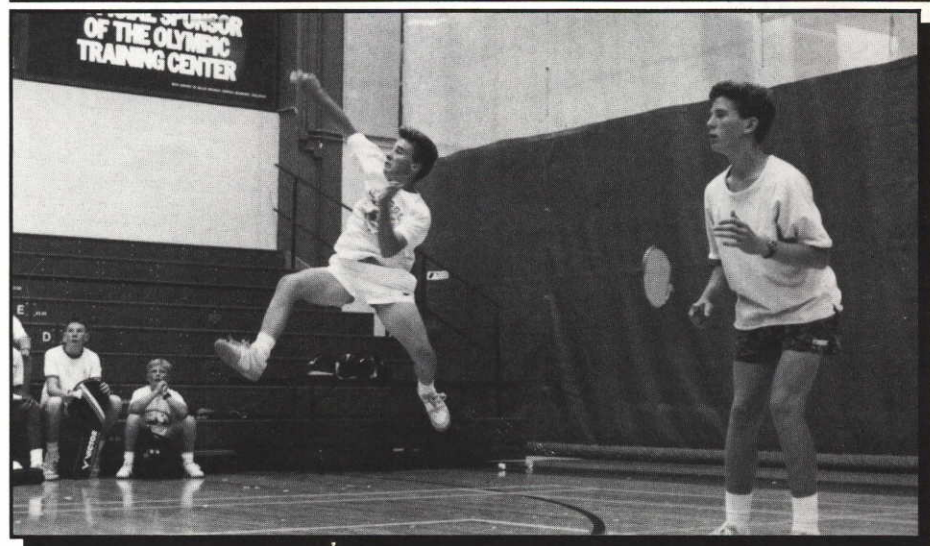
18 & U GIRLS
Denise Gudmundson
Angela Armendariz
Christy Armendariz
Joanne Nielson

13 & U BOYS
Michael Read
Adam Prestanrea
Martin Resnek
Geoff Tarr

11 & U GIRLS
Bethany Oxley
Lily Chen
Stephanie Wo
Tricia Lipareli

15 & U BOYS
Tony Pagnia
Bart Bingenheimer
Tom Sheehan
Bill Brown

13 & U GIRLS
Amy Romeo
Kelly Lipareli
Anuja Marathe
Rachel Pagani



Brennan O'Donnell smashes as partner Chad Fedrick waits his turn enroute to their 3rd place playoff win in the 13 & U Boys Doubles.

COMMON INJURIES IN BADMINTON

By Dr. Tony Grice

PROBLEM AREAS

Of all the injuries to which badminton players are prone, those affecting the ankle and/or foot have the greatest incidence. A **SPRAINED ANKLE** is a ligament injury. It results from a sudden twist or rolling over of the foot causing the outside (lateral) ligaments to be stretched or torn. 85% of all ankle injuries are of this type.

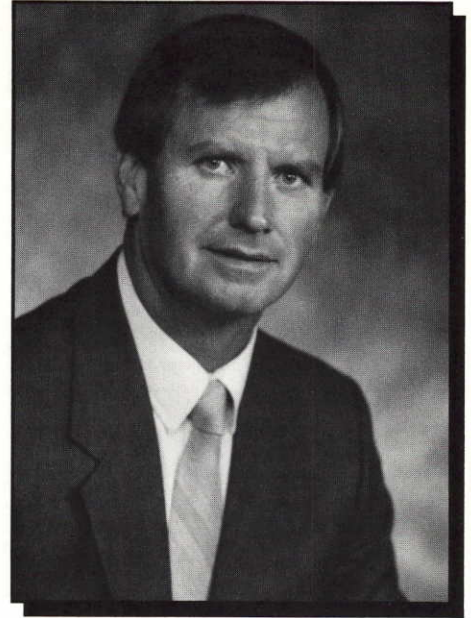
ANKLE FRACTURES are usually caused by a sudden wrenching or twisting, the same factors that cause sprains; but fractures result from excessive eversion of the foot being forced outward in relation to the leg.

A **STRAIN** is a muscle or tendon injury. Landing from jumping exposes the tendons of the ankle and foot muscles to the danger of strain. As a badminton player lands, particularly on the around-the-head shot in the back court, the non-dominant foot absorbs shock 3-4 times the player's weight. This may give the Achilles tendon a sudden stretch beyond its normal range of motion and thus strain or tear this tendon. Several top players like Mike Adams, Gary Higgins, and Andy Gouw have suffered severe Achilles injuries. This is a very serious injury that may require surgery, as well as a long rehabilitation process.

KNEE injuries are another common problem faced by badminton players at all levels. When the knee is subjected to the extraordinary pressures of running, jumping, lunging, or pivoting, any of which can

involve weight loads of up to a thousand pounds; the knee begins to resemble "two crowbars held together with rubber bands." The cartilage or meniscus is probably the most often injured component of the knee. This half-moon shaped cushion acts as a shock absorber between the shin (tibia) and the thigh bone (femur). The old treatment for a torn meniscus was to remove it completely, which entailed hospitalization, a long recovery process and a fairly large scar. However, through the development of the arthroscope, only a small incision is made through which only the torn part of the meniscus is removed. This allows for much shorter rehabilitation of a few days instead of months. Another frequent site of knee injury is the ligaments. If any of the seven ligaments in each knee stretch or tear, the knee becomes very unstable. Replacement of the lost ligament tissue with tendon tissue from elsewhere in the body, or with Gore-Tex, a synthetic material used to make waterproof rain gear, are possible solutions.

The **ELBOW** is also particularly susceptible to trauma or stress from repetitive overuse. The badminton overhead throwing motion generates a severe whiplash action (particularly if executed incorrectly) from which soreness can arise from fatigue and minor strains due to overload. "Tennis elbow" is a popular generic term covering several different ailments. In general, they are chronic conditions resulting from overuse of certain forearm muscles. They have in



Dr. Grice, of Hardin-Simmons University in Abilene, Texas is the U.S. National Badminton Team's Sports Physiologist. He is the author of an instructional book on badminton, and he has also been a top tournament player in the Southern Region for many years.

CONTINUED on page 14...

PONTOW RACKET SUPPLY
15301 Orogrande
Oak Forest, IL 60452

(312) 687-0571

DAVE'S TENNIS SHOP
4182 Convoy Street
San Diego, CA 92111

(619) 571-1511

SUPREME SPORTS SUPPLY
P.O. Box 855
Rockville, MD 20851

(301) 881-6938

DAN COLLINS
3406 Hollywood
Brookfield, IL 60513

(312) 405-6137

PAT McCARRICK
P.O. Box 780
Miller Place, NY 11764

(516) 473-8400

DUDLEY CHEN
3510 S.W. 90th Avenue
Miami, FL 33165

(305) 554-1196

GUY CHADWICK
5873 E. Paradise Lane
Scottsdale, AZ 85254

(602) 494-9464

CAPITOL AUTO
46 'E' Street
Plainville, CT 06062

(203) 747-1748



PREZ SEZ...

As most of you are aware, the Pasadena Badminton Club has had major difficulties with it's relocation. Plans had been drawn up, approvals made but with appointments of new city council members all initial architectural plans were put in 'limbo.' BOB COOK, Mr. PBC, is once again forced to fight his way through massive red tape and essentially begin at square one. Not only is he now dealing with paper but the timeclock as well. Bob is trying to pull-another-rabbit-out-of-his-hat as the Club has been evicted from the Armory and forced to go to court. This entire episode is tremendously gloomy-- badminton enthusiasts cannot afford to lose another "bird" sanctuary, especially one filled with such tradition.

On a happier note, I am pleased to welcome the Mar Vista Badminton Club as a member of the SCBA. Coordinating play on Saturday mornings and Monday nights are the

husband and wife team of DAISY and JACOB.

As my term is winding down, I would like to put out a bulletin-- THE SCBA IS LOOKING FOR SOME FRESH AND ENTHUSIASTIC NEW BLOOD TO SERVE ON THE BOARD. The SCBA has become one of the strongest organizations in the U.S., and with badminton's exciting future we can provide influence and direction in it's growth. Spare some time and help support badminton in Southern California. Contact Lee Calvert at (213) 454-1589 or John Britton at (213) 376-9354, if interested.

Our annual June meeting will be held at the Salapatas-Metz household. A new Board will be elected, barbeque eaten, and the upcoming 1988-89 tournament schedule established. WARNING: All Club Reps be prepared for another grilled burger a la chef' Dennis Metz...

OLDIES BUT GOODIES...

By Kelly Tibbetts

It is delightful to be treated respectfully, as an athlete, and fed free. Those are 3 big pluses recalled by the Seniors after the '88 U.S. Closed tournament in Colorado Springs. The Olympic Training Center is a wonderful place where any form of athlete has his or her every whim catered to. They couldn't lower the altitude, but we all lived through it.

The highlight for excitement, drama, and then humor had to be the Senior Men's Doubles final between Jim Poole- David Ogata and Paisan Rangsitkitho- Curt Dommeyer. Jim and Dave had won the 1st game and were battling through the 2nd when Dave went for a shuttle that Jim thought was his. Dave's head got in the way of Jim's racket (see cover photo). The rally went on a few more shots but Jim's broken racket couldn't salvage the rally. Dave was squirting blood all around, so



Rikki & Prez Cassandra

SCBA's SHUTTLE SCUTTLE

they stopped and fixed him up before continuing. Paisan and Curt won that game, but without any more physical violence in the 3rd, Jim and Dave pulled together and won. Immediately afterwards Dave was invited to the med center where he received 5 neat stitches in the middle of his head. At the Awards Banquet later, Jim reported how upset he was - it had been his favorite racket with a brand new string job and grip, and he had even polished the shaft.

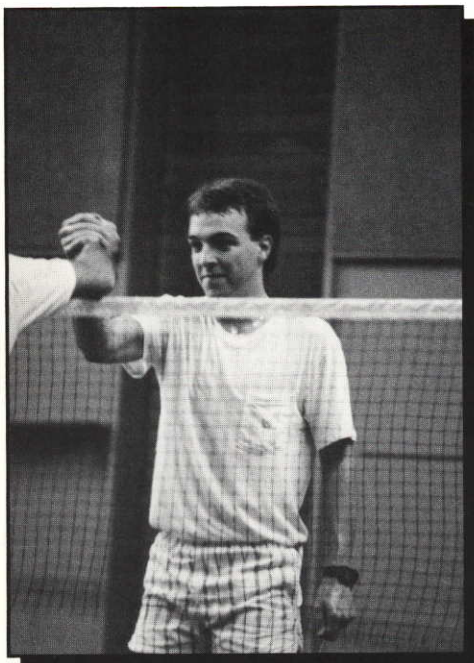
Another highlight was the Golden Masters Women's Singles final between Virginia Anderson and Priscilla Healy. Both these gals had things cranking. But, Virginia was using a crystal ball because she knew just where to go in winning 11-10 in the 3rd.

Poole, Ogata, Judi Kelly, Diane Hales, Ray Kulek, Kelly Tibbetts, Wally Foy, and Waldo Lyon of Southern California all won one or more National titles.

BILL FOY PHOTO CONTEST

This year's SCBA Bill Foy Photo Contest is narrowed down to four finalists as pictured here. Send in your votes to the SCBA, and you be the judge to determine the winner!

- 1 - (right) "Merry Christminton"
- 2 - (middle)
"Badminton is in Our Hands"
- 3 - (bottom right) "Bird Dog"
- 4 - (bottom left) "Fair Play and Sportsmanship in Badminton"



SCBA's SHUTTLE SCUTTLE

NORI LESTER... We are sorry to report that the First Lady of the Manhattan Beach Badminton Club passed away this March. Nori Lester was such a wonderful, peppy, funny person - such a contributing part of the club, we will all miss her. Our thoughts are with her husband Steve (MBBC President) and her family and friends.

THINK BACK... Remember Dan Castilleja? Can you picture him as a Daddy? Well on March 5th Kate Nanet joined Dan and his wife Suzie so things are hopping around their house.

BACK TO THE 50's... I casually walked into MBBC on a normal Wednesday evening to practice. Two women were standing near the entrance - they looked at me and I recognized Benice Marignan and Maryanna Gott. They were top players in the 40's and 50's, but hung up their rackets in 1953. Their main sports interest of late is golf, they live in Manhattan Beach, and they said they might even come over and play some one of these times.

BACK TO THE 30's... If anyone remembers clear back to the 30's, they will appreciate the fact that Ham Law came to visit at the Nationals in Colorado Springs. He lives in Denver and still enjoys hearing about what's happening with the game. He looks great and really should have been out there playing. Ham was U.S. Men's Doubles champ in 38 and 39 playing with the late Dick Yeager. He also was US Mixed title holder while partnering the amazing Bert Barkhuff - a tiny, beautiful, completely capable player who won everything in sight and then dropped out of the game.

OFF AND AWAY...

Southern Cal. sent off a hardy if small group of badminton players to a healthy series of events in another hemisphere. Chris Jogis, John Britton, Pam Owens and Linda French took off for their first stop in Iceland where they played an Iceland vs. U.S. match. Linda French won her singles, but Iceland won the rest. However, in the Iceland Open we turned it around with Chris winning singles, Chris and John winning doubles, and John and Pam winning the mixed.

Next stop was the All Englands where the most notable fact was John's antics, including serving behind his back, when Chris and John played the #1 seeds and eventual winners from China. Then their travels took them to play a U.S. vs. Wales match, then the French Open and finally a U.S. vs. French tie. It was a tough trip, but it offered a lot of great playing opportunities.

CALIF. STATE GAMES...

July 15-17 this year in Balboa Park of San Diego, the California State Games will be held. The Games are intended to be a warm-up for the 1988 Olympic Games, and the U.S. Olympic Committee is proud that the games will go on after several years of preparation. All 5 events will be held for the following groups: 18 & under, Adult, Seniors (40+ for men, 35+ for women), and Masters (50+ for men, 45+ for women).

The games will be held for 13 sports, and results will be recognized by the U.S. Olympic Committee. Each entrant will receive a t-shirt and a pin. The first shuttle will be free - the rest will be \$1.60 each. Entry

fees are \$5.00 per event. Tournament headquarters will be the Radisson. Each event will have consolation. Prizes will be medals which will be awarded in a ceremony. Entrants must be California residents. For more information you may contact Badminton Commissioner - Paisan Rangsitkitho or Venue Manager Wally Foy through the SCBA.

YY GRAND PRIX CIRCUIT...

The final leg of the Yonex Grand Prix circuit was delayed due to scheduling difficulties, and will now be played at the Manhattan Beach Badminton Club. The results will be in soon to determine the Grand Prix event champions. Currently Tariq Wadood leads among the men and Joy Kitzmiller leads the women.

SCBA SCHEDULE...

May 12, 17, 19:
CIF Team Preliminaries

May 13-14:
CIF Individual Prelims & Finals

May 13-15:
Valley College B,C,D

May 21-23:
S.CAL. Jrs., Citrus College, Glendora

May 27-30:
Win-A-Million B,C,D, Pasadena?

May 24:
CIF Team Finals

June 24-26:
LA GAMES 88 Jrs, CSUDH

July 2-4:
Lyons Summer Tourn., San Diego

July 13-17:
CAL. STATE GAMES, San Diego

SCBA's SHUTTLE SCUTTLE

WHEELCHAIR BADMINTON

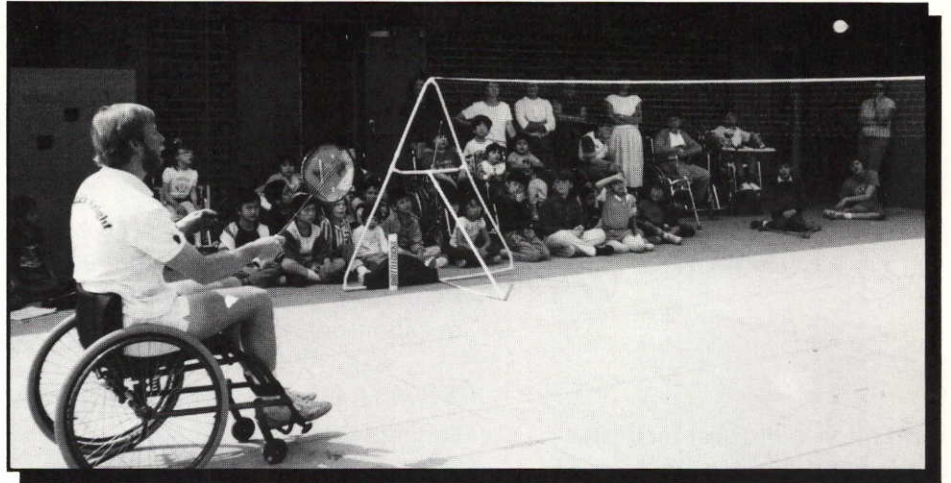
By Ginny Hales

As sports go, badminton is a lot of fun and is fairly easy to learn (though difficult to master). Although, minor modifications to the game may need to occur before the game can be fully enjoyed, badminton is a great sport for wheelchair athletes as well.

A new class and test clinic for wheelchair badminton at East Los Angeles College is sponsored by the Amateur Athletic Foundation of Los Angeles' Youth Sports Centers Program, where 13 Olympic sports are being highlighted for kids 8 - 18 years old from March - August 1988.

At the clinic, clinicians and wheelchair tennis instructors from the Wheelchair Tennis Foundation found that there are two primary areas of difficulty for beginning players. First, directing the wheelchair usually requires two hands, thus hitting shots and maneuvering the chair cannot easily occur at the same time. Second, the short time between shots makes it difficult for the wheelchair athlete to cover the full court. Drop shots toward and along the net, and shots which force quick lateral movement are difficult to retrieve.

Some adjustments experimented with include suggestions by the IBF to reduce the court dimensions (see diagram). Eliminating the forecourt area in front of the front service line, and moving in the back line is helpful especially to beginning players. Laterally, the singles court is also reduced to a half-court, using the center line and one of the singles



Able-bodied staff member Dean Schoppe demonstrates some shots.

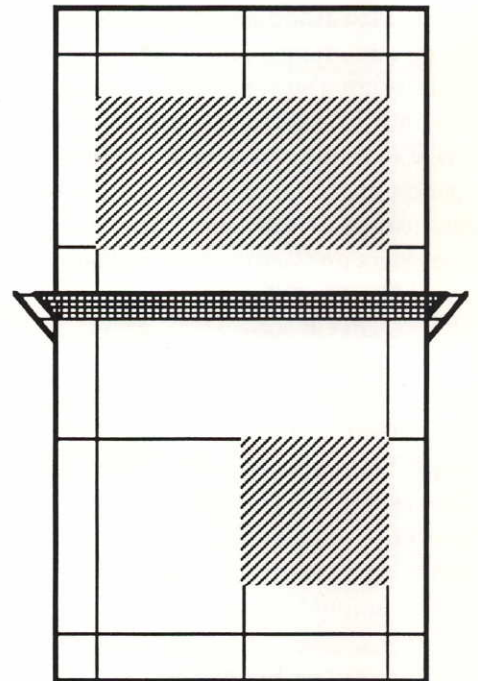
As players progress in ability, they will probably prefer to push the court boundaries outward to the standard lines.

Many other possible modifications were attempted and some suggestions included eliminating the drop shot, or changing the rules of doubles, but the preference tended toward keeping the game as unchanged as possible from the standard able-bodied form.

At this point, it is also difficult to tell what adjustments, if any, will be necessary as wheelchair badminton players move to advanced levels of play.

Regardless, wheelchair badminton athletes should have good upper body strength and a good range of motion. A good warm-up of the upper body is important. The use of sport wheelchairs also may add to the ability to play the game.

Many Southern California area centers for the physically disabled have already made inquiries. If you have any questions contact Ginny Hales at (213) 454-6965.



A possible badminton court arrangement as suggested by the IBF Laws of Badminton for the semi-ambulant. Shaded areas indicate the amended playing areas for doubles, on the top, and for singles, on the bottom.

COMMON INJURIES IN BADMINTON

By Dr. Tony Grice

CONTINUED from page 8...

common, tenderness about the elbow and pain upon attempts to extend that joint, rotate the forearm, or grip an object.

SOLUTIONS

Prevention is the best medicine. Sprains and strains to muscles and joints can be prevented by warming up and stretching. A HOT SHOWER can increase your body temperature, get you loose and prevent a strain while stretching. Before you play, go through a series of basic stretches. Take a full 15-20 minutes to STRETCH the ankle and Achilles tendon area, the hamstring area, the quadriceps or thigh area, the back, shoulders and arms. All stretches should be done slowly;
NO BOUNCING.

Any injury that has swelling as its main feature should only be ICED until the swelling is eliminated. The use of HEAT or LINIMENT should be reserved for muscle pulls or strain-type injuries, as well as for muscle soreness in general.

Another minor, but extremely uncomfortable injury is BLISTERS. Blisters result from stress on the skin by rubbing or shearing forces that cause friction (heat). Predisposing factors are sweat, ill-fitting shoes, style of play and type of sock used. Use shoes that fit well, socks that absorb moisture and do not wrinkle, as well as inner soles that cushion shock and prevent friction to the foot. Felt, moleskin, foam or foam rubber pads can be used to cover the more chronic areas of abuse, such as

the balls of the feet. Foot powder also helps. Hands and fingers may also suffer from contact with the racket grip. A soft leather glove or several types of racket grip tapes may cushion the hand from blisters or callouses.

A badminton player can become a better player by being more physically fit. In close matches, fitness usually is a factor in the outcome. The most important areas to be considered in a conditioning program are muscular strength, endurance, agility, flexibility, and concentration. Along with physical exercise, such as weight-training to develop these areas, a sound diet, adequate sleep, rest, and acceptable training rules should be included.

If you need more information on sports medicine, it is just a phone call away. There is a Sports Medicine Information Line, developed by Sports Medicine Systems of Brookline, Mass., that you can reach by dialing directory assistance to one of the following cities: Chicago (IL), Brookline (MA), Haverhill (MA), Princeton (NJ), Portsmouth (NH). Service hours vary, but all centers are open M-F from 8am-8pm. Answers and advice regarding common questions are provided in 7 categories; general sports health issues, training and injury prevention, rehabilitation therapy, specific injuries, nutrition, podiatry and psychiatry.

NATIONAL JR. SCENE

By Pat McCarrick

This year the USBA Junior Activities Committee has been fortunate to receive a \$48,000 grant from the United States Olympic Committee to improve junior play in the United States. Brent Cutcliffe of Colorado and Patricia McCarrick of New York will be instrumental in over-seeing the use of these funds.

After the Junior National Championships in Colorado Springs on April 3-6, a team is being selected to train for international competition. Some tentative plans for use of the grant include:

1. A training camp in July for the top 16 - 24 juniors.
2. The Pan Am Junior Chmpnshps to be held in Colorado in late July.
3. World Junior Chmpnshps in Edmonton, Canada in late August.
4. Canadian Junior Tournament in Quebec in October.
5. European tour in the early fall.

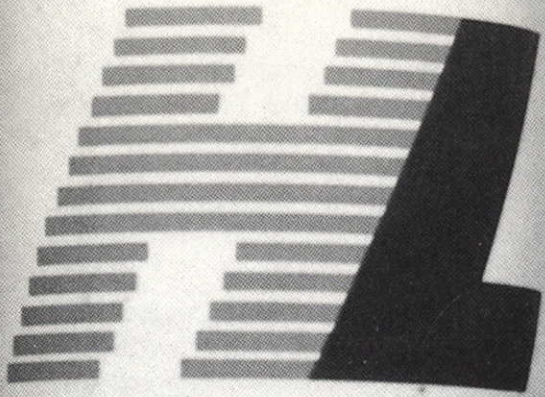
The grant money will be used to offset the costs of these endeavors.

Pat McCarrick has recently been appointed by new USBA President Len Hill to head up the Junior Activities Committee. Anyone who would like to contact Pat should write to:

Pat McCarrick
P.O. Box 780
Miller Place, NY 11764

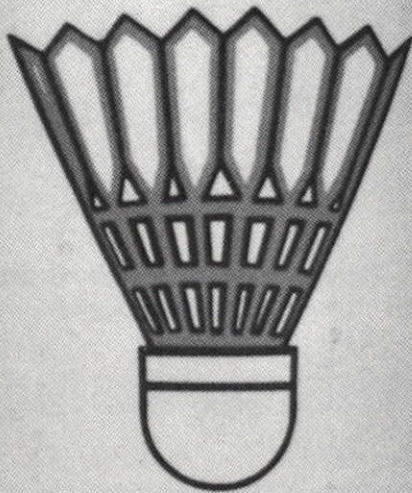
The Junior Nationals for 1989 are tentatively scheduled at the Olympic Training Center in Colorado Springs for the week after Easter.

↑ REPLACE HERE ↑



EAGLE 2000

NYLON SHUTTLES



- ★ TOURNAMENT QUALITY
- ★ FLIGHT PRECISION
- ★ SUPERIOR DURABILITY

↓ WITHDRAW HERE ↓

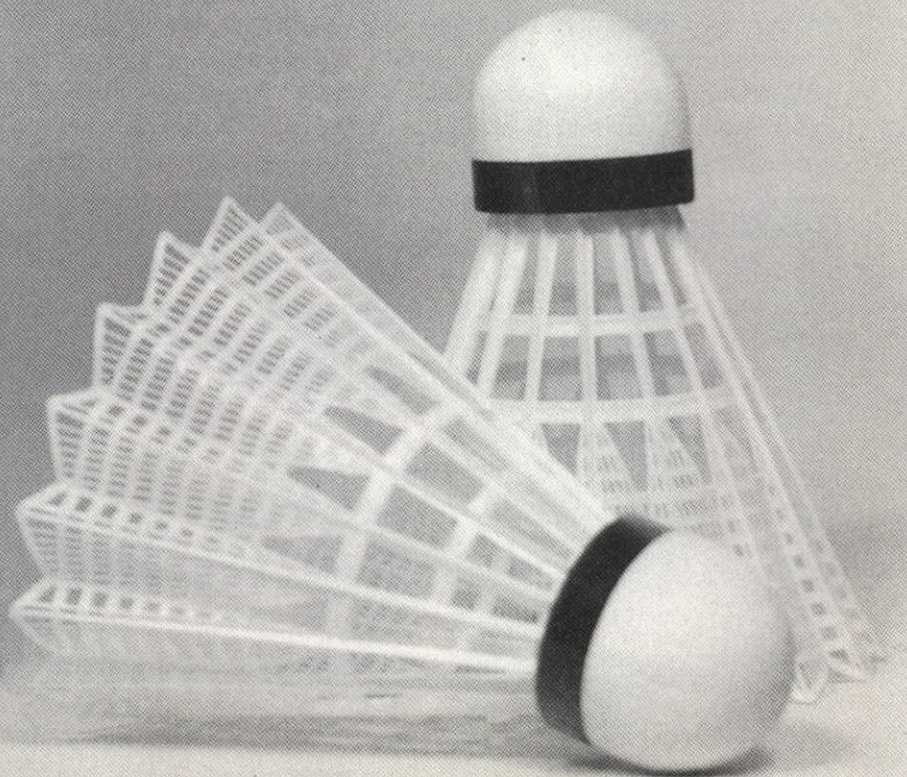
TOURNAMENT TOUGH SCHOOL SMART

The HL EAGLE 2000

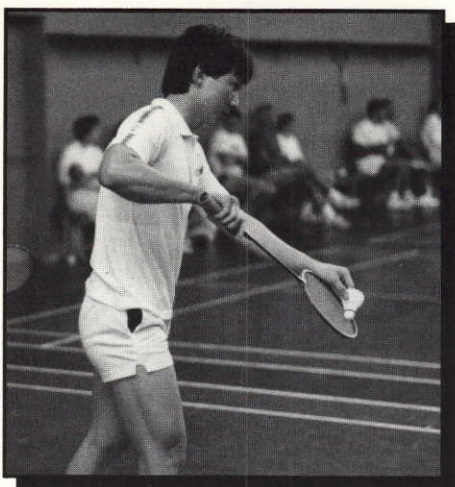
The Official
California High School
Championship
Nylon Shuttle

Flight precision and superior durability make the HL EAGLE 2000 the smart choice for all school teams and physical education programs.

HL Corporation
P.O. Box 3327
Manhattan Beach, CA 90266
(213) 546-3652, in CA
(800) 457-7678, outside CA



Badminton Headlines...



Solaiman Jonatan prepares to serve.

INDONESIAN GAMES- CA

On March 26-29 the Indonesian Games of California sponsored by the Indonesian Embassy & Consulate were held in Fresno. 400 athletes played for their home cities in nine different sports. In a field of 7 cities for badminton, Los Angeles, led by Solaiman Jonatan, emerged the winner over Fresno in the semis and San Diego in the finals. Jonatan, a current U.S. National and Team HL player, won each of his matches.

Visiting the tournament was Ivana Lie, a former #1 player for Indonesia now attending school in Fresno. If she chooses to play here it would be a great boon to U.S. competition.

THE 1988 ALL ENGLANDS

1988 was historic in the badminton world, because for the first time ever an unseeded player grabbed the highly esteemed single's crown. Ib Fredericksen capped off the feat by defeating his fellow countryman and multi- international champion Morten Frost in the finals.

In the other events, players from China and Korea took the titles. Most notable perhaps was the completely dominating men's doubles play of Tian Bingyi and Li Yongbo of China. They cruised in straight games over all of their competition.

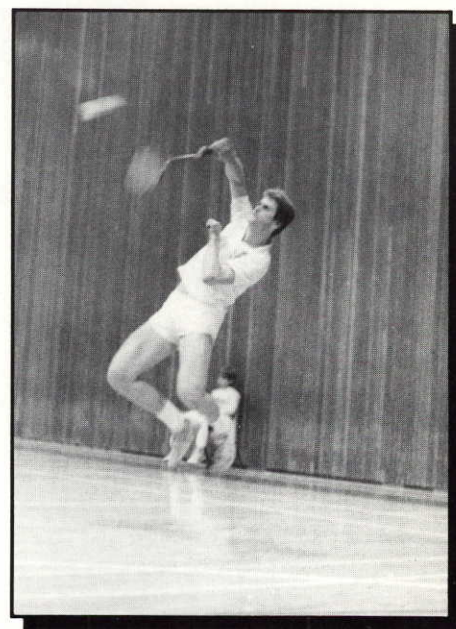
THE "HL" WESTCHESTER-FAIRFIELD

The 50th annual Westchester-Fairfield Open was sponsored by HL and held at Greenwich High School by the Greenwich Badminton Club on March 18-19. A number of close, exciting matches took place. In the "A" mixed doubles, for example, the only 1st round match that did not go 3 games was when Urban and Benedict defeated Cramon and Hiyama 15-13, 17-14.

In the finals, the women's singles

saw Mette Kromand (NJ) outlast her doubles partner Yoshiko Hiyama (CT) in 3 tough games. In the men's doubles, Fehm (PA) and Chung (DE) won in 2 tense games over Lor and Urban (NY).

The tournament's big winners were Geoff Stensland (MD) and Carolyn Mott (PA) who each won two titles. Stensland took the singles and the mixed crown with Mott. Mott also teamed with Porter to win the ladies doubles.



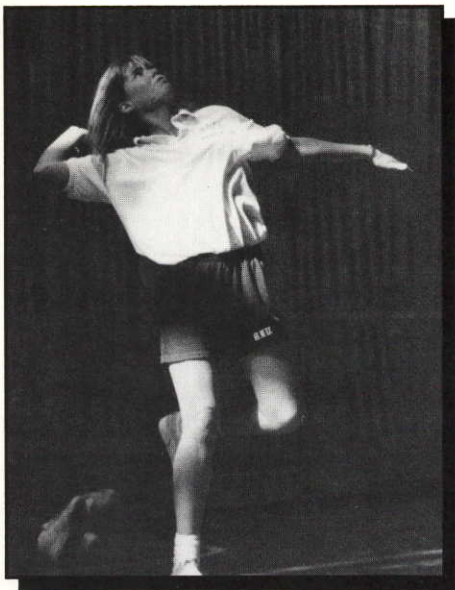
David Fehm smashes his way to victory in the men's doubles.

For the quality "HL" badminton rackets and shuttles you need...

BIG 5
SPORTING GOODS

Over 50 stores to serve you in the Western United States.

Badminton Headlines...



Suzi Weil of George Washington University at the collegiates.

NATIONAL COLLEGIATE CHAMPIONSHIPS

Arizona State University continued its domination of the collegiate nationals, this year held at Swarthmore College (PA). In a field of 9 collegiate teams, ASU took 1st, Stanford University 2nd, and Bryn Mawr was 3rd.

ASU standouts Benny Lee and Liz Aronsohn each were triple crown winners, with neither dropping a single game during the entire tournament. For Aronsohn, this was her 2nd straight year as a triple champion. Tom Carmichael (ASU) was the runner-up in men's singles to Lee, and teamed with Lee for the men's doubles title. Tracy Holmes (ASU) partnered Aronsohn for the women's doubles trophy.

The most successful player from the east coast was Karen Lewis of Bryn Mawr who reached the semis in both the women's singles and women's doubles, with Sunny Kim.

SANDRA NORTON

Sandra Norton of the University of Wisconsin- Madison is spearheading a stronger collegiate organization in the U.S. This important function is imperative to secure the place of future university programs for the growth of badminton.

Her first project has been to better outline the policies and procedures of the National Collegiate Badminton Championships.

NEW USBA EXECUTIVE BOARD

The new USBA Executive Board is President Len Hill (CA), Vice-President Martin French (CA), Secretary Cynthia Kelly (MA), and Treasurer Diane Cornell (DC). They are supported by 7 additional USBA Directors and Executive Director Raymond Scott and his office staff in Papillion, Nebraska. They will make most of the decisions regarding funding which will be available when badminton becomes an 'A' class Olympic sport in 1989.

BADMINTON IN BOY'S CLUBS

Ted Helweg of the USBA's National Development Committee has recently announced a coordinated program which promises to introduce badminton to the Boy's Clubs of America and the National Association of Girls and Women in Sports. Funding will primarily be through a grant by the U.S. Olympic Foundation in cooperation with the U.S. Olympic Committee.

This should open up thousands of facilities and introduce hundreds of thousands of young people to the new Olympic sport of badminton.

IN NORTHERN CALIFORNIA

the distributor for:

HL BLACK KNIGHT VICTOR

quality badminton products

ANDY'S SPORTS

P.O. BOX 8568
SAN JOSE, CA 95155
(408) 371-4689

Dealer Inquiries Welcome
Catalog Available

For the helpful retail badminton dealer near you, see:

ALEX'S SPORTS STOP

12 N. Santa Cruz Ave. in Los Gatos
(408) 395-6950

ASBY SPORTS

392 N. Capitol Ave. in San Jose
(408) 259-6770

WEST COAST SPORTING GOODS

20461 Redwood Rd. in Castro Valley
(415) 889-1470

13720 E. 14th St. in San Leandro
(415) 351-2700

15033 Farnsworth in San Leandro
(415) 351-6644

WILLY'S BADMINTON SHOP

Village Court Shopping Center
El Camino & S.W. San Antonio Rd.
in Los Altos (415) 941-2146

BADMINTON FUNDAMENTALS...

Backcourt Forehand Overhead Strokes

The backcourt forehand overhead strokes are the basic strokes of badminton. Clears, drops, and smashes are the first shots developed by players which allow them to move out of the novice ranks. The ability of players at every level is decided by how accurately, consistently, deceptively, and powerfully they can execute these shots from the backcourt. Forecourt skill can give you an extra advantage. But, backcourt capability is essential.

There are several key elements common to all three of these fundamental shots, as shown by Team HL and U.S. National Coach Tariq Wadood:

1) Watch the Shuttle. Always watch the shuttle from one end of the court to your racket and back. Even better, watch the cork or the tape around the cork if you can.

2) The grip. It is critical that the "handshake" grip be used for all backcourt forehand shots, and not the "frying-pan" or "hammer" grips. The racket should be held loosely enough for your arm, forearm, and hand to remain flexible. Let the racket be an extension of your arm.

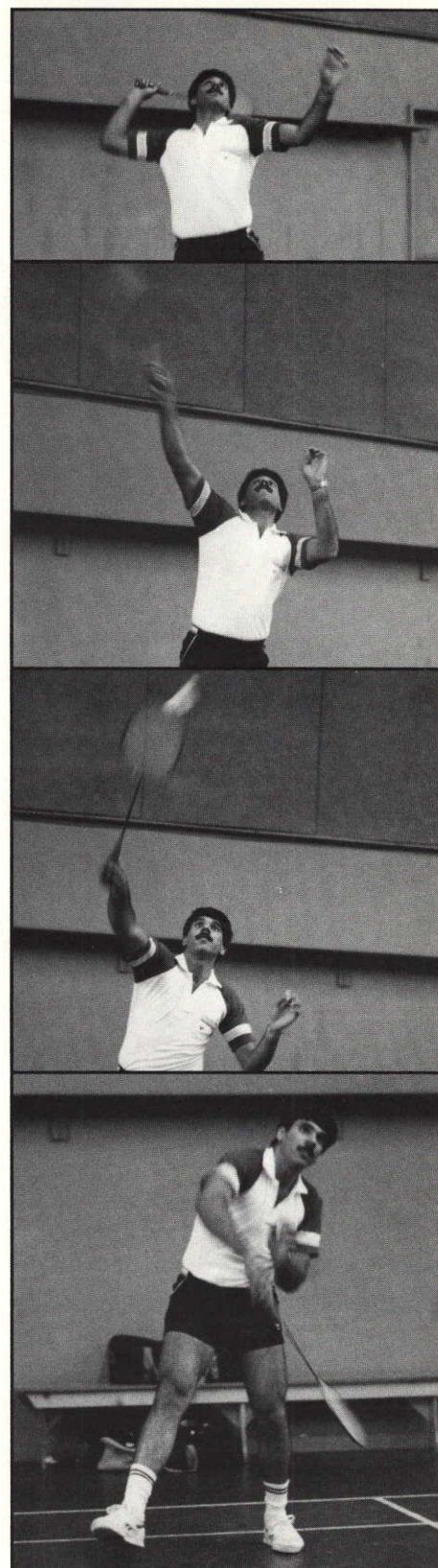
3) Body Preparation. Quickly move so that you can stand tall and "on your toes" with the whole racket side of your body facing directly away from the net. The shoulder opposite your racket should line up toward the center of the net.

4) Stroke Preparation. Today's superlight rackets do not require the big "tennis serve" windup. A large backswing is both too slow and a waste of effort. Get your racket into the cocked position as you are moving under the shuttle. Hold your racket so that its face is a few inches behind and above your head. Your elbow should be at least at shoulder level or higher. For balance, your other hand should be up in the air almost pointing at the shuttle coming at you.

5) Racket and Arm Extension. It is most important to extend your arm and racket straight up above your head at the point of contact. The higher up you reach the better you can hit high deep clears, angle your drops steeply down over the net, and hit powerful and steeply angled smashes. It is important that your stroke preparation and racket extension is the same for all three shots so that your opponent cannot predict which shot you will hit.

6) Body and Racket Follow-through. As you begin to swing, the entire racket side of your body should follow and rotate toward the net. Your back leg should finish in front of you and your body weight should shift so that you are moving back toward your center court position. If you jump to hit the shot, this rotation will occur in the air.

7) Differences between Clears, Drops, Smashes. The primary difference between a clear and a smash should be the angle that the racket strings strike the shuttle. The difference between a drop and a smash is the racket speed at contact. Drops should be hit with a complete, but relaxed, swing and follow through. The more alike you can develop the look of these shots the more deceptive you will be.



The Champions in the Now and Future Court of the Black Knight

From the beginning Black Knight's champions have won acclaim on every court in the land. Whenever Black Knight champions appear it is an occasion to sound a trumpet fanfare and introduce the new Black Knight challengers. For those of you who take your badminton seriously, here is a trio designed to win your complete acceptance.



Crown Bor-Knight

The champion of champions... ninety grams of superbly integrated graphite, Kevlar and boron, slim and swift as a rapier. This Sherwood Green beauty with a Stag Tan, Tru-Grip* handle is built to win. Virtually torque-proof, Crown Bor-Knight fits the hands of players who prefer a stiffer, stronger action. This is a precision weapon for contestants with the instincts to win.

*Tru-Grip, Black Knight's handle grip formula, responds to the moisture of the palm to increase non-slip performance.

Crown Aero-Star

Here we have a champion moulded in one piece from a Black Knight formula of graphite and Kevlar. It is a handsome challenger in blue, gold and silver weighing a mere 98 grams. Feather-light, with strength and endurance akin to Toledo steel, it deserves to be owned and used by dedicated players.

Whichever you choose, play a winner, play Black Knight.



**Black
Knight**

Exclusive distributors in the USA:

HL CORPORATION

P.O. Box 3327 Manhattan Beach, CA 90266
(213) 546-3652 1-800-HL-SPORT (outside CA only)

Crown Classic

The third of the new Black Knight champions is crafted to take on all comers. The Classic combines a titanium/aluminum head with a torque resistant shaft of braided graphite and boron. A real battler in colours of Sherwood Green, black and silver, it is designed for the thrust and parry of tournament play.



#1 in the USA

The
HL CHAMPION
TOURNAMENT FEATHER SHUTTLE

Exclusive United States distributor:

HL CORPORATION
P.O. Box 3327 Manhattan Beach, CA 90266
(213) 546-3652 1-800-HL-SPORT (outside CA only)

The Badminton Magazine
P.O. Box 3796
Manhattan Beach, CA 90266

BULK RATE
U.S. POSTAGE
PAID
Manhattan Beach, CA 90266
Permit No. 255