

The BADMINTON Magazine

VOL. 4, NO. 2

MAY 1989



U.S.
Junior, Adult,
Collegiate,
and Senior
National
Championship
Tournament
Coverage

SPRING ACTION!!!

INSIDE

All the National
Tournament Coverage

SCBA's "Shuttle Scuttle"

Smashing Headlines
including the
Olympic Festival - OK 89!

FUNDamentals and
More FUNDamentals

U.S. Junior Champ Martin Flores

\$2.50

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VOL. 4, NO. 2

MAY 1989

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THE BADMINTON MAGAZINE

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Editor Guy Chadwick

Dear Guy,

Hi, I just happened to come across a recent issue of TBM and I am very happy with its quality. Being mainly a doubles player I hope to see more on doubles fundamentals. Where should I stand when my partner is serving or receiving... What is the transition from defense to offense, etc.? I am a grad student of Sport Psychology at SDSU, how about some articles on tournament anxiety and relaxation. Thanks for a great magazine!

Sincerely, Joe Young (San Diego)

P.S. In San Diego play at the Federal Building in Balboa Park, Tues-Sun. Call (619) 583-SDBC for more info.

ATTN: HIGH SCHOOL COACHES!!!

This is the last issue of this scholastic year. Every school year we have the same dilemma. All of the high school badminton team results are completed after we need to send this issue to the printer. We need to send this issue to the printer in late April at the latest, so that all the high schools that finish in mid-May can receive this issue before summer break.

Please send your PHOTOS and RESULTS of your team and top players to me as soon as possible so that I can make sure you are in the next issue (AUG/SEP).

-- DO YOU HEAR ME FLORIDA, PHILLY, NEW YORK, MARYLAND, CALIFORNIA, ILLINOIS, ETC.?!

If you have a graduated senior that is in the issue, I will be happy to send them their own special copy as well. Right now this seems to be the only solution to our timing problem.

I hope all high school coaches and players have had a great year, and always remember that you are now an important part of the Olympic badminton movement!

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1989 U.S. ADULT NATIONALS

The Olympic Training Center in Colorado Springs again hosted the U.S. Closed Adult National Championships April 5-9 sponsored by Sportcraft. Forewarned by last years events, players adjusted quickly to the change in elevation and produced quality badminton and exciting matches.

The draw was also improved over last year with 30% more competitors, including the additions most notably of 1987 Men's Singles Champion Tariq Wadood, perennial contender Tony Alston, and 1986 Ladies Singles Champion Nina Lolk.

Among the returning men, defending Champions Chris Jogis and Benny Lee expected to figure strongly in the results. Among the ladies, Meiling Okuno seemed to be the singles favorite based on her recent tournament successes, but the issue was far from settled with at least 6 more women all capable of top performances.

THE EARLY ROUNDS...

As the tournament unfolded, many interesting turn of events took place.

First, 1987 and 1988 Ladies Singles Champion Joy Kitzmiller had the misfortune of meeting Nina Lolk in the quarterfinals. Nina showed her former championship shotmaking form in taking out Joy in two games.

Nina then lost to Liz Aronsohn, who appeared ready to take her strength and hustle straight through to her first U.S. title.

Meanwhile, Meiling Okuno earned the other semifinal berth with a solid win over Ann French. But, the fast and physically fit Meiling found Linda Safarik-Tong, the 1987 singles runnerup, equal to the task in a long 3-game battle. Linda finally won and would face Liz in what was sure to be a physical battle for the title.

For the men, top seeded and 1985, 1986, and defending Champion Chris Jogis appeared in top form as he destroyed all his early round opponents. It wasn't until he ran into Tony Alston in the semifinals that it seemed he might be tested.

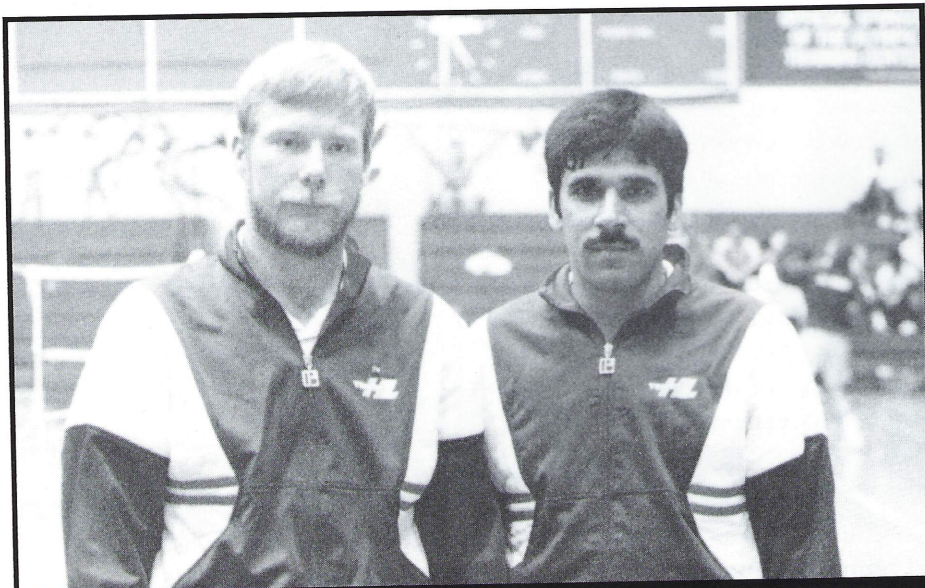
The 5th seeded Alston had knocked off the 4th seeded Kevin Hussey in commanding fashion in the

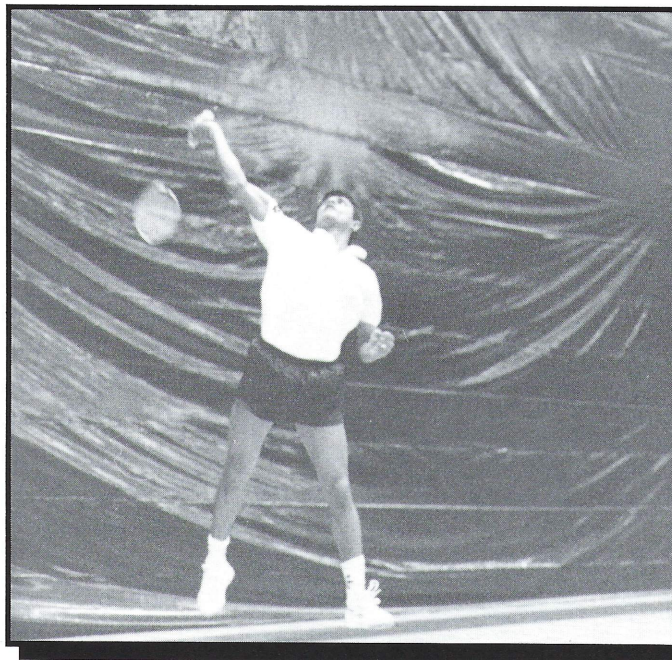
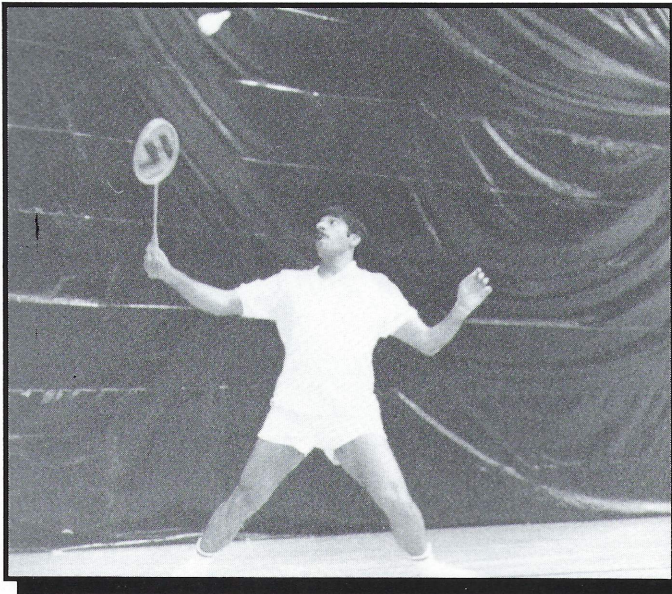
quarterfinals, and looked confident to give it a serious go against Jogis. Indeed, Tony came out of the starting gate flaming and built an early 7-1 lead in the semis. But that was it as Chris settled into a groove and Tony became impatient and was quickly overtaken and overcome 15-7, 15-4.

In the other half of the men's singles draw, both Benny Lee and Tariq Wadood handled their opponents easily to meet in the semis. Benny's strategy against Tariq was to play patient, prolong rallies, and attempt to outlast Tariq, which he had done successfully at a recent California tournament. But, the U.S. National Team Coach had obviously put in a little extra training. Tariq relied on his usual flawless fundamentals and international experience to turn the trick on Benny and win in two long games, 17-15, 15-12.

Continued on page 6...

Doubles finalists Dean Schoppe and Tariq Wadood (below left); Ladies Champ Linda Safarik-Tong (below); Tariq (upper right); Sanjay Malde (middle right); Liz Aronsohn with Nina Lolk in back (lower right).





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U.S. Adult Nationals continued...

In the women's doubles there were amazingly few 3-game matches and the top two seeds played up to expectations to meet in the finals. The 1st seeded Lindas (French and Safarik-Tong) cruised. The 2nd seeded Ann French and Joy Kitzmiller warded off a potential semifinal threat from the talented Nina Lolk and Liz Aronsohn combination.

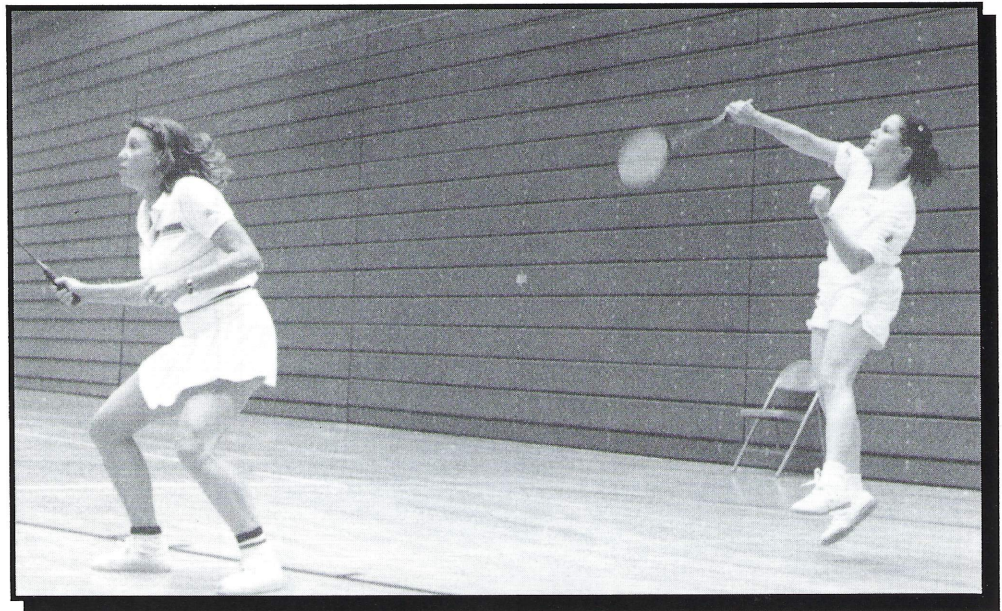
In the men's doubles, defending Champions Jogis and Lee found a little resistance in their quarterfinal against Guy Rittmann and Kevin Hussey before winning, but then soundly beat the rising team of Peter Baum and Karl Knudsen, who had upset the 4th seeds Bo Ning and Solaiman Jonatan.

In the other half, 3rd seeded Dean Schoppe and Tariq Wadood survived a 3-gamer against Mike Walker and Tom Carmichael, Jr. Dean and Tariq then completely frustrated the 2nd seeded John Britton and Tom Reidy to revenge two earlier season losses with a straight game semifinal victory.

In the mixed it was all Tariq and Linda French. Tariq's first full year in the mixed arena demonstrated the value of good serving and shotmaking fundamentals. And Linda is a winner in every sense of the word. She simply eliminates careless errors and does what it takes to get the job done.

Tariq and Linda easily defeated Guy Chadwick and Liz Aronsohn who had earlier upset 4th seeded John Britton and Linda Safarik-Tong.

In the other half, the big match occurred in the semis between the teams of Solaiman Jonatan & Terry Lira and Benny Lee & Joy Kitzmiller. After splitting the first two games, Solaiman and Terry jumped out to a seemingly insurmountable 14-6 lead. However, with several squandered opportunities they showed that Yogi Berra is right.. "it's not over until it's over." Benny and Joy came back



Ladies Doubles semifinalists Nancy Narcowich with Terry Lira smashing

and eventually scored 11 unanswered points to gain a place in the finals.

THE FINALS...

The MIXED DOUBLES event began the final day of competition. Quite simply, Tariq and Linda continued where they left off and dominated the play in winning easily over Benny and Joy, 15-7, 15-6. That was the only "easy" final match of the day.

Next came the LADIES SINGLES between Linda Safarik-Tong and Liz Aronsohn. Sure enough, the match produced a tough physical battle. At first, Linda jumped out to an amazing 10-0 lead. Liz was mistake prone and nothing seemed to go her way. But she came back to 10-6 and gained some momentum before losing.

In the second, it appeared Liz would take complete control, but Linda fought back hard, and at one point she even earned match points before succumbing to Liz 12-11.

The last game saw two exhausted opponents refusing to slow down or give in. In the end it seemed to be Liz's inaccuracy at the net which gave Linda a few more chances to hit winners. Linda finally won 11-7 to earn her first U.S. Ladies Singles title.

In the MENS SINGLES, Chris Jogis was the clear favorite. Chris seemed invincible having had another outstanding tournament year, including extensive international travel. It seemed unlikely that Tariq could muster enough of his old form, especially since he was in all 3 finals.

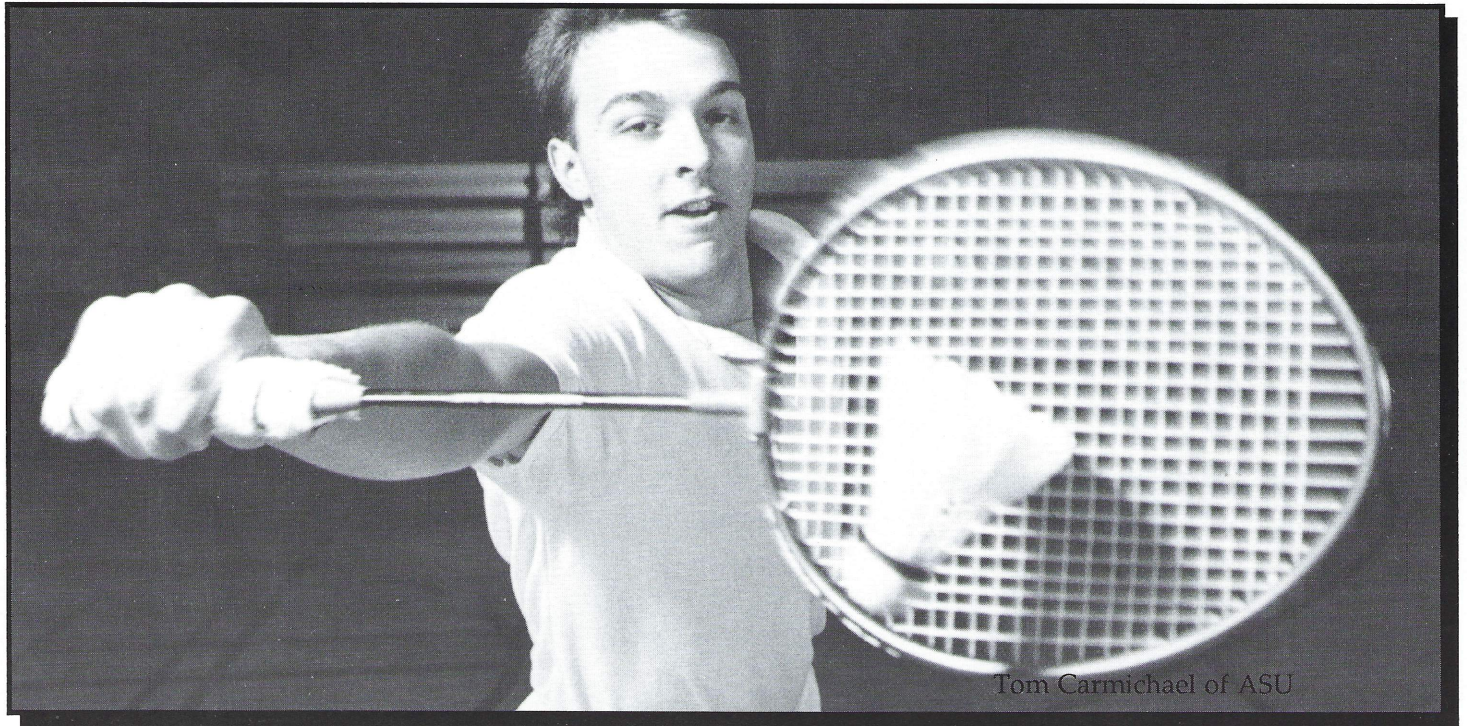
But, Tariq showed why he has been so successful throughout his world-class playing career. He fought through the first game, usually controlling the rallies with a mix of attacking deep clears, steep cut drops, and then powerful smashes to win points.

Chris seemed a little out of synch. Tariq was relentless and made few errors, especially on defense. Instead of pacing himself, Tariq played hard to take the last three points of the first game to win 15-12.

The second game began like the first. Chris wanted to prolong the rallies and play without mistakes, but Tariq consistently moved Chris around and attacked when he had the chance. At 6-all, Chris began to make unforced errors. Tariq then picked up the pace, and to the surprise of everyone, he was able to run out the match at 15-6 to win his second U.S. Men's Singles trophy.

continued on page 22...

1989 COLLEGIATE NATIONALS



Tom Carmichael of ASU

The 1989 National Collegiate Championships hosted by the University of California at Berkeley and sponsored by HL Corporation was a smashing success. Over 20 colleges and universities were represented in the largest collegiate draw in over a decade.

Switching the host site to the west coast this year brought strong representation by California schools. The Northern California Intercollegiate Badminton League, directed by Lori Cheung, provided more than half the team entrants and the staff to run the tournament.

Notwithstanding the increase in competition over recent years, the Arizona State University team continued their reign as collegiate champions. Their dominant strength became apparent about half way through the draw when all ten ASU men and women were still actively collecting team points.

ASU players led by Tom Carmichael, Liz Aronsohn, Paul

McAdam and Erika Von Heiland went on to sweep each of the five individual titles and the three team titles by landslide margins. The only ASU "tragedy" occurred when their #1 seeded man, Asok Boopathy, succumbed to severe cramping during the men's singles final and had to default the singles, men's doubles, and mixed doubles finals to teammates.

However, the battle for the rest of the top ten team positions was down to the wire and ultimately decided by fractions of team points. When the dust had cleared, C.S.U. San Jose, led by Tri and Dzung Dang, took second in the men's team event. Third through sixth places only had four team points separating them with C.S.U. Long Beach edging U.C. Berkeley, Howard, and U.C. Davis. C.S.U. San Francisco, Stanford, El Camino, and Claremont rounded out the top ten men's team finishers.

For the women, U.C. Davis moved into second just ahead of third place George Washington. Fourth place

honors went to Los Angeles C.C., represented by Jenny Chan who was a singles and doubles finalist. Texas A & M, Claremont, C.S.U. Hayward, U.C. Berkeley, Riverside, and C.S.U. San Francisco finished fifth through tenth.

In the mixed, only seven team points separated the second through tenth place teams. The Geo. Washington girls, primarily forced to pick up male partners from other schools, managed to collect enough shared points to slip into second place. C.S.U. San Jose, Howard, C.S.U. San Francisco, C.S.U. Hayward, Texas A&M, U.C. Berkeley, U.C. Davis, and Los Angeles C.C. all followed closely behind.

It was decided that next year's collegiate championships will be held on the eastern seaboard, likely at George Washington University the first weekend in March. This advance notice allows budget limited travelling teams ample time to fund raise for the event. Forty competing schools are expected.

1989 JUNIOR NATIONALS

The Olympic Training Center in Colorado Springs was again the site of the 1989 U.S. Closed Junior National Championships, which were played on April 1-4 and sponsored by HL Corporation.

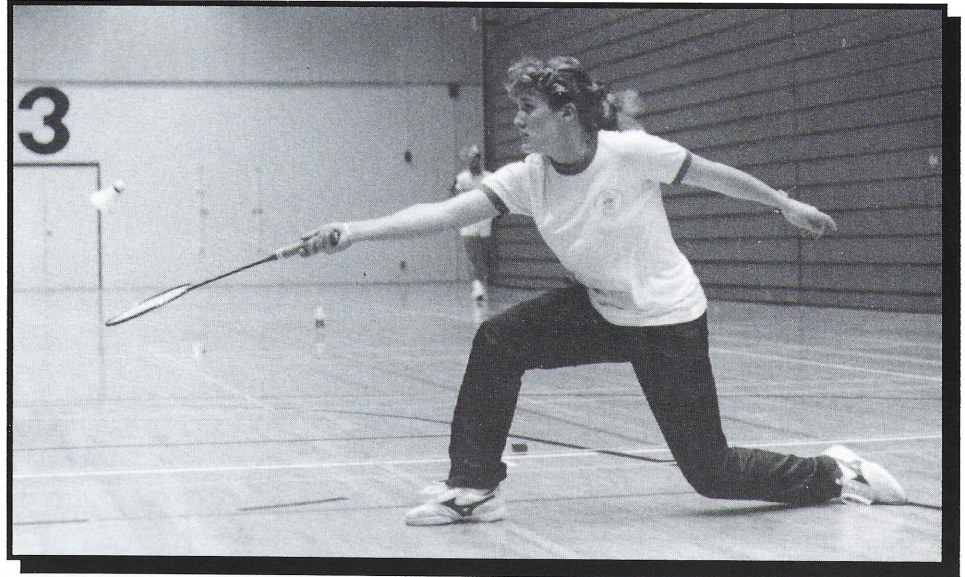
Like the Adult Nationals, the Junior Nationals drastically increased their entry numbers to nearly 150. The fame of the athletes' dining hall of free and exceptionally good food and the gratis dormitories had obviously spread.

The drawbacks again were primarily three-fold. First, there is an elevation increase to a mile above sea level which requires specially made shuttlecocks that fly somewhat differently than normal. Second, the higher elevation demands a different level of cardiovascular conditioning by the athletes. Third, the OTC is isolated from the hotbeds of U.S. badminton activity and is unable to draw spectators.

Nonetheless, the young badminton players adapted well to their circumstances. Promising young players were evident in all age groups, from the 18 and under double champion Martin Flores to the 10 year old miniature-but-phenominal Howard Bach.

Among the highlighted 18 and under group, Martin Flores took the top honors in singles, and in doubles with Nipun Kharana, who was the only non-Southern Californian to win a 18 and under title. Stacey Murty took the 18 girls singles crown. The Armendariz twins, Angela and Christian, earned their second girls doubles championship in a row. And, Marc Carrido teamed with Angela to win the mixed.

In the remaining age group events,



Californians Lily Chen, Beth Oxley, Chris Hales, and Stephanie Woo won two titles each. However, non-Californians also shared in the trophy hunt.

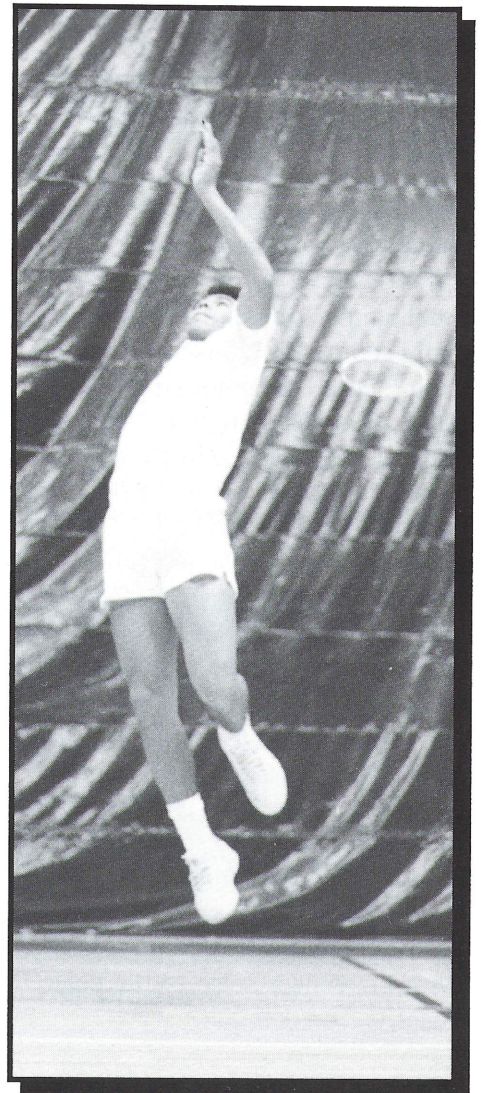
Coach Pat McCarrick again brought a large contingent of juniors from Miller Place, New York which were well represented in many finals.

Colorado's Mike Edstrom and Kathy Zimmerman earned 5 titles between them. Lindsay Gulin gave Washington two titles. Sander VanOtterloo earned two for Massachusetts.

Following the tournament the U.S. Junior National team selections in each of the age groups are announced. These selections are directly based on this tournament's results and effect training camp eligibility and international travel selections for the upcoming season.

Many of these young athletes will become the U.S. Olympic players of the future. They, and those that soon follow, are perhaps U.S. badminton history's most fortunate generation - the opportunities are ripe for those with desire and badminton ability.

Stacey Murty (above)
Martin Flores (below)
18 & Under Singles Champions



1989 SENIOR NATIONALS

"O-
O-
O-
OKLAHOMA -
Where the winds..."

By Lee Calvert

The wind didn't come through the Sutton Fieldhouse (site of the Olympic Festival this July), but the mayor and media did at the U.S. Closed Senior Adult National Championships.

A CBS affiliate televised the event for a full five minutes on the nightly sports report, giving badminton good coverage. The coverage is one more indication of the ripple effect the new Olympic status means to badminton.

There was not a large draw during the Easter break scheduling, but there was lots of good play in each of the Seniors, Masters, Grand Masters, and Golden Masters events.

Michigan's Tom Carmichael managed to apply his savvy in taking both the Senior singles and mixed doubles though he is pushing the Master's mark. He plans to continue playing with the "kids" as long as he does so well.

A rehabilitated (from a severe achilles injury) Andy Gouw of Northern California met Tom in all three finals, and pulled away with the doubles title teaming with first time champion Curt Dommeyer of Southern California.

Charlotte Ackerman of Connecticut reigned as the Senior Lady in winning the singles and the doubles with Liz Wilson, also of the East coast.

Wisconsin's Sandra Norton emerged



Top row: Ann and Wally Foy, Cassandra Salapatas-Metz, Lee Calvert, Dave Anderson; Bottom row: Andy Gouw, Curt Dommeyer, and Pat Cane

as the top Master's Lady by winning the singles and doubles with Joyce Jones from Washington.

Georgia's Dale Miller took Master's honors for singles and mixed, and Jack Harvey and Ed McSweeney won a knock-down, drag-out, 3-game battle over Jim Bell and Paul Hyde for the doubles crown.

San Diego's Wally Foy got his first U.S. doubles title in Grand Master's, as did I in the Ladies' Grand Masters. Wally teamed with Jim Bell and I teamed with the steady Joyce Jones. Both Jim and Joyce also won the singles events.

Joyce won yet another title when she joined Jack Harvey to grab a cliff-hanging, 3-game, one point, set victory over Wally and Ann Foy. Even the audience was perspiring.

In other events, the ever-young Virginia Anderson teamed with Priscilla Healy, Dan Bulkley, and Tony Grice in the Senior Mixed, winning the consolation in the latter event. Priscilla Healy took the

Golden Master's singles and mixed with Harold Seavey.

One award that is not normally given is the sportsmanship-in-the-face-of-adversity award. If so, the award would have gone unanimously to Cassandra Salapatas-Metz.

She had a terrible week, and everything that could go wrong - did. But she never lost her sense of humor and she exhibited great sportsmanship nonetheless. Her best shot of the tournament was one given her by a local doctor for strep throat.

Noticeably missing at this year's nationals for various reasons were some defending champions including Kelly Tibbetts, Judianne Kelly, Jim Poole, and Dick Witte who have all provided terrific presence on and off the court in past years.

However, Bruce Roberts made up some slack by doing a fine job of "sparking" up the festivities. He was a hit at the banquet at Molly Maguire's.

Badminton FUNdamentals...

DOUBLES TEAMWORK

Better doubles teams work together on the court to quickly cover open court space defensively, and gain effective up and back attacking positions on offense.

By Tariq Wadood
U.S. National Team Coach
Team HL Player/Coach

Good players do not stand around on the court. They must constantly move as a team in response to their own shots and their opponents' shots.

Player positioning is critical to giving you the advantage in court coverage to frustrate your opponents' offense, and to hit winning shots when your opponents have given you the offense.

Two basic rules govern teamwork positioning:

- 1) ON DEFENSE: SIDE-BY-SIDE
- 2) ON OFFENSE: UP AND BACK

You are on DEFENSE when you have lifted the shuttle and given the opponents an opportunity to smash or otherwise attack you. As soon as you lift you must shift to a side-by-side alignment (top court top half). This prevents you or your partner from becoming a sitting duck at the net. It gives each of you a half section of the court to cover with the maximum amount of time to react to your opponents' attacking shots.

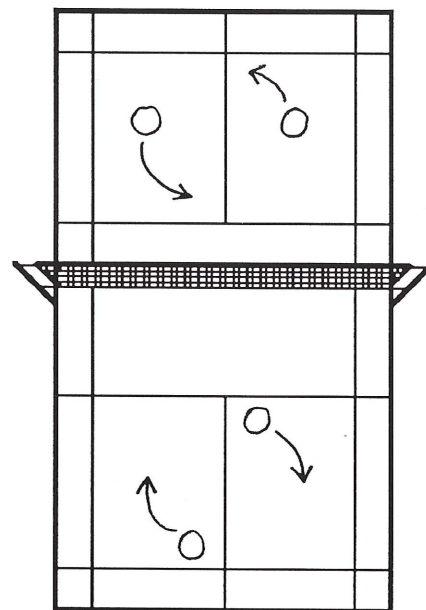
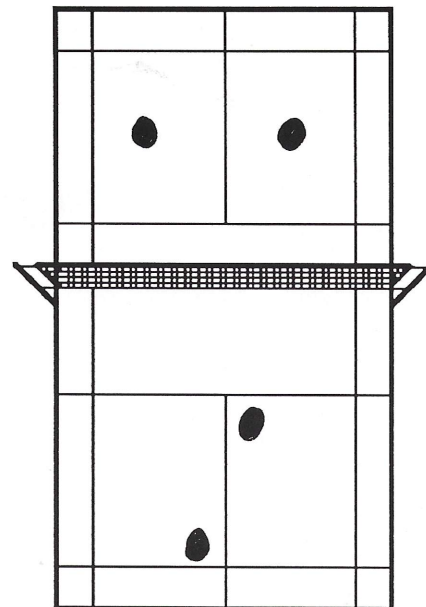
You are on OFFENSE when your opponents lift to you or when you can hit a shot that forces them to lift to you. When you serve you should start in the offensive alignment (top court bottom half). Assuming the server does not give the opponents a high serve to smash, the server becomes the

'up' player who is responsible for the net area and he is positioned to put away weak defensive returns.

ROTATION is the movement from DEFENSIVE to OFFENSIVE positions and visa versa (bottom court).

For example, when a player in the DEFENSIVE position hits a shot that forces the other team to lift, THAT PLAYER should immediately FOLLOW their shot to the net. Their partner will then swing to the backcourt position and the team has rotated to the OFFENSIVE position.

Practice and communication is an important aspect of teamwork. When practicing, discuss court coverage responsibilities with your partner. The more each of you know what to expect of the other, the less confusion, and the more efficient the teamwork.



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Olympic Festival '89



"The U.S. Olympic Festival, held every non-Olympic year, is the largest multi-sport event in the nation and has become a major competition arena for Olympic hopefuls. Oklahoma will host the '89 Festival, the largest sports event in state history, as 500,000 spectators witness America's top 4,000 amateur athletes compete in 37 world-class events at sites across the state. An international press corps of 1,500 will describe the drama to millions." -- U.S. Olympic Festival '89 Committee brochure.

This year's Olympic Festival will be held July 22-25 and is of paramount importance to badminton. For the first time badminton will receive the full privileges and accolades of Class A status in the U.S. Olympic movement.

The general format is to replicate the Olympic experience as closely as possible for the athletes... from opening ceremonies to award ceremonies to closing ceremonies. The badminton format will include 12 men, 12 women, 4 junior boys (plus one alternate), and 4 junior girls (plus one alternate) divided into regional teams. Singles and doubles events will be played, excluding mixed doubles.

Although badminton received some coverage at the Seoul Olympics, it was not then a Class A sport, and not yet subject to the privileges of the primary Olympic Games. STAY TUNED... expect to see a new respect, and substantially more coverage accorded badminton by the American media!

Carlton Signs 3-year U.S. Open Pact...

Last November, Ray Houghton, Managing Director of Carlton Sports Company Limited of England, and Len Hill, then President of the United States Badminton Association, signed a \$100,000 plus, three-year contract designating Carlton the sponsor of the U.S. Open Badminton Championships.

The contract allows the U.S. Open to meet requirements to fit into the International Badminton Federation's Grand Prix circuit and should bring many top world-class players to the U.S. to showcase their talents and test up-coming American players.

Mr. Houghton, stated: "Badminton is a fast paced, energy packed sport as well as being a family sport. People play throughout their lifetimes. Compared to recent problems which have occurred in the Olympics, badminton is a very "clean" sport. Carlton is quite proud to join with the USBA in promoting the sport. Over the next three years, every effort will be made to introduce this fantastic game to the American public."

SUMMER BADMINTON CAMPS...

At least three badminton camps for beginning and intermediate players and involving top nationally and internationally experienced coaches are being offered this summer.

In Southern California Dean Schoppe is running a badminton camp at Troy High School during July 24-28, 1- 6 pm each day. The cost is \$75 for the week and a maximum of 40 players will be accepted. U.S. National Coach Tariq Wadood will be assisting. Contact Dean for more information at (213) 546-3652.

All England Open

Asian players, particularly the Chinese, Koreans, and Indonesians, dominated the All Englands this year by taking 8 of the 10 finalist positions and all 5 titles. Otherwise, only the Danish star Morten Frost Hansen and a Swedish mixed team made it to any event finals.

The young Chinese men's superstar Yang Yang again showed why he is viewed as the top player in the world today. He beat Morten Frost 15-6, 15-7 in the finals. Perennial ladies champion Li Lingwei made it a clean sweep for the Chinese in the singles events by defeating the young Indonesian Susi Susanti.

The Koreans took another big step in asserting their world badminton power status. Korean doubles and mixed teams, led by the incredible male talent Park Joo Bong and the strong female Chung Myung Hee, took the three remaining titles.

Strangely, all five finals were completed in two straight games with the challengers never scoring more than 9 points in a game.

In Arizona Guy Chadwick is running badminton camps primarily for local high school badminton athletes and coaches. One early summer camp is tentatively scheduled, and two late summer camps the week of Aug 14 -18 are firm. Contact Guy: (602) 494-9464.

In Washington D.C. Dr. Don Paup is again hosting the George Washington Badminton Camp August 2-6, complete with housing, videotaping, and full day instruction. Contact Don Paup for more information at (202) 994-7112 (w) or at (703) 938-4337.

SMASHING HEADLINES

Our Badminton Magazine Heroes...

THE BADMINTON MAGAZINE did not just magically appear one day in sufficient quantities to float down on the doorstep of all badminton enthusiasts across the land. Nor was it brought in by a flock of delivery storks.

No; TBM was born some 6 years ago through the foresight, hardwork, and financial support of two extraordinary individuals. David Levin, now President of HL Corporation, provided the primary conceptual motivation and initial financial support. Cassandra Salapatas (now Salapatas-Metz) dove into the editorial labors as essentially a one woman staff.

Cassandra wrote in her first editorial, April 1983...

"It is our intention to publish a polished, professional quality magazine dedicated in bringing in the latest information, personalities, instructional material, etc., about the national badminton scene.

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

Cassandra words have stood strong in the winds of time. And because of their dedication, Cassandra and David are our first heroes.

Up through the present day the bulk of the financial burden for TBM has been carried by the advertisers. Certainly there are loyal and consistent subscribers whom are our heroes, too; but our advertisers have

provided over 80% of our required support.

The Ashaway Line & Twine racket string company has been a long time supporter and we encourage your support of their products. Carlton, distributed by Sportcraft, is another frequent advertiser and supporter of badminton.

HL CORPORATION, by far and away, has borne the vast majority of production costs. HL underwrites every issue, provides at no cost Team HL instructional articles that you see in every issue, and actively searches for interesting badminton information at all levels of play that can be included in the magazine.

HL is a company of enthusiastic and devoted tournament badminton players that show a specialized care and expertise that is not often seen in today's world - and they continue to make this magazine possible.

HL's involvement in supporting badminton certainly doesn't stop with this magazine either.

HL organizes and sponsors several high school, open, and senior tournaments. In the last few months these have included the U.S. Junior Nationals, a Senior International tournament, some 7 high school tournaments in Southern California, and many of the upcoming regional high school championships.

HL staff members also give hundreds of badminton clinics a year. You probably have met one or more of the Team HL players and coaches some time recently.

"The Badminton Magazine" has come a long way in the last 6 years. We have established a consistent publishing schedule and with each issue more experience is gained. Thanks to our "heroes," we plan on continuing our calling.

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SCBA's "Shuttle Scuttle"



Kelly and Paisan

FROM THE PRESIDENT...

Thank you for electing me as the U.S. Region 5 Director, which includes California, Alaska, Arizona, Hawaii, Nevada, and New Mexico. Upcoming projects include coach and umpire certification, junior and adult development, and hosting the annual regional trials for national team selection.

The SCBA has developed a Tracy Hudson Memorial scholarship fund for the top players of CIF-SS high school badminton competition. Details will be mailed to all CIF-SS badminton coaches during April. This should provide extra inspiration for high school athletes to take badminton more seriously.

Be aware of the California State Games coming up in the first week of August. Contact me at (213) 439-9433, or Wally Foy in San Diego for entry forms and more information.

I hope that all tournament players have had a great season and are looking forward to an even more exciting season next year.

-- Paisan

MEDITORIAL UPDATE...

All the surgery survivors are pretty much back to "normal" now. Wes has started playing a little. Horacio has gone back to work and is missing badminton so much. Paisan is now playing a few games and building up competition condition. Judi Kelly is back on the golf course. I have gotten rid of my walking tools and I am finally feeling stronger. No badminton for awhile, but I feel sure I will do that in time.

Now we have a new candidate. Jay Stuart called to say he is having arthroscopic knee surgery soon. It must've become the thing to do this season. Good luck Jay, and everyone else, in this "year of the operation."

VISITORS FROM THE I.B.F...

It was appropriate to see Emile Ter Metz on the cover of the last TBM. He made another trip to visit Southern California with the purpose of expanding badminton numbers and enthusiasm. This was his last trip as he retires this spring from the IBF.

Vol. 32, Issue #5, Spring 88-89

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The "Shuttle Scuttle" insert is an independent publication of the Southern California Badminton Association.

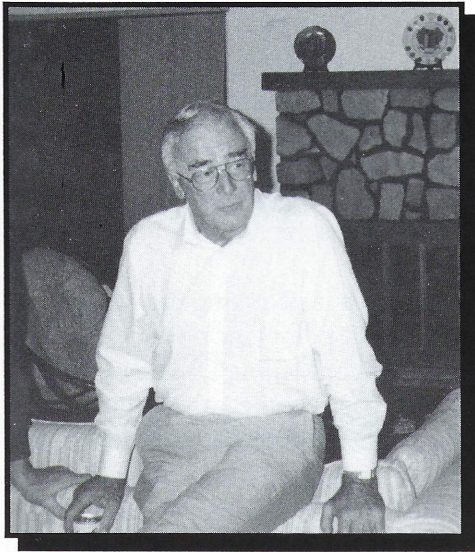
But the project will be carried on by other IBF personnel. This was promised by IBF President Ian Palmer, who also visited L.A. recently. In fact Emile's last day was Ian's first day. Together they put in an appearance at a coaching clinic to check progress. It was impressive to attendees who will not forget their important visitors.

With friends such as these two men - and so many others who stop by from time to time - Southern California could be badminton's very important spot in the world. When this project of expansion is underway, please remember that we need all possible help if we are to bring U.S. badminton up to a full fledged link into the world chain.

The rest of the world feels it is sitting through recess - just waiting for U.S. status to improve so the whole badminton community will be able to move ahead as a unit. It's not often that the U.S. is a foot dragger when it comes to a sporting venture. Let's hope we can end this embarrassment by growing to our proper stature.

-- Kelly Tibbetts

SCBA's "Shuttle Scuttle"



IBF President Ian Palmer

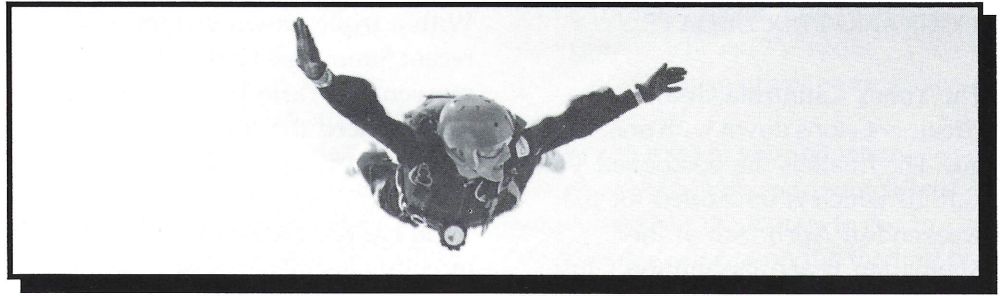
THE LEISURE WORLD SENIORS AND MASTERS TOURNAMENT...

Okay - the next big senior's event is the Leisure World Seniors and Masters on May 27th. Play will begin on that Saturday in the Leisure World gym, and that evening there will be a banquet and dance in the nearby clubhouse.

Depending on the entry size the finals will be on Sunday or perhaps stretch to Monday. It's a holiday weekend so there is time if the entry is large.

You will enjoy the hospitality of these great people as we help them celebrate their 25th anniversary. They would love to show you around between matches -- it's an amazing facility.

So come on down and play in this one-time tournament. It will be a great way to end the seniors and masters play for this season.



TENNIS ELBOW NEARLY A KILLER...

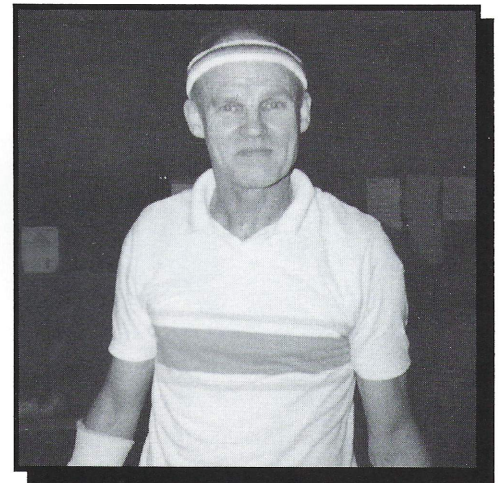
Ken Money came to MBBC to play badminton in January while working on a project at UCLA. (Ken is a Canadian Astronaut and top senior badminton player.) Jim Poole saw him on the court with a bandage around his right arm and asked Ken what had happened.

Ken indicated that he had "tennis elbow" and that "it almost killed me!" Jim laughed, until Ken had told his complete story...

"I went to Houston to do some work for the Astronaut program and played in a local badminton tournament there on Saturday and Sunday without any apparent arm problems. On the following Monday, I went skydiving as part of the Astronaut program.

After jumping from the plane and doing some free-falling, I reached for the ripcord, only to notice for the first time that I had NO strength in my right arm. I quickly figured out that it must be what some call "tennis elbow" so I reached across my body with my LEFT arm to pull the ripcord.

As I reached across my body I started to rotate, which is the natural result when in an unsupported free fall. I was finally able to grasp the ripcord with my left arm and pull it. Unfortunately, I was still spinning when the chute came out and it only partially opened which is no good at all.



- Ken Money at the MBBC afterwards-

I also noticed that the lines above my head were still winding up as I continued to spin. As the winding was getting closer to my head, I leaned my head forward so that my head would not get tangled. The lines stopped winding at my back where the lines connected with the chute pack.

At this point, I glanced at my altimeter to see if I needed to immediately deploy the secondary chute. I still had some time, so I decided to wait and see if I would unwind in time for my initial chute to completely open.

Sure enough, the chute lines started to unwind and immediately after they completely unwound the chute popped open. I floated on down just as if nothing had happened. But, when I tell you that tennis elbow almost killed me, I really mean it."

SCBA's "Shuttle Scuttle"

YY GRAND PRIX UPDATE...

The Yonex California Grand Prix circuit is 4 stops down with one stop to go. The finale is the postponed Valley G.P. III which is scheduled for the weekend of April 29th at the Manhattan Beach Badminton Club.

The four tournaments held thus far have produced a runaway leader for the men and a dogfight among the top women players.

With a triple crown victory at the recent Sunnyvale Grand Prix event, a rejuvenated Tariq Wadood has far outdistanced the competition in all events and in total Grand Prix points.

Tariq has more than twice the number of points than his closest competitors in singles, doubles, and mixed. He has won or been the runner-up for every singles title.

Tariq has teamed with Dean Schoppe

to win 3 of the 4 doubles titles. He has won the two mixed titles he has entered - with Linda French at G.P. II and Terry Lira at Sunnyvale. He has accumulated 840 total points - the next closest total is 380 total points earned by Liz Aronsohn.

Liz holds a lead among the women in the overall points including a narrow margin over Meiling Okuno in the women's singles event. Meiling has won the last 2 G.P singles titles to edge into second place in total points. She is just ahead of Linda Safarik-Tong who is just ahead of Linda French who is just ahead of Ann French. Even Joy Kitzmiller, Erika Von Heiland, Elaine Teoh, and Nina Lolk are within range of moving into the top spots if they have a successful final tournament.

Although the men are sure to provide exciting match play, the women will provide this year's real drama at the Grand Prix finale at the MBBC.



HENNESSEY'S CLASSIC IN MANHATTAN BEACH...

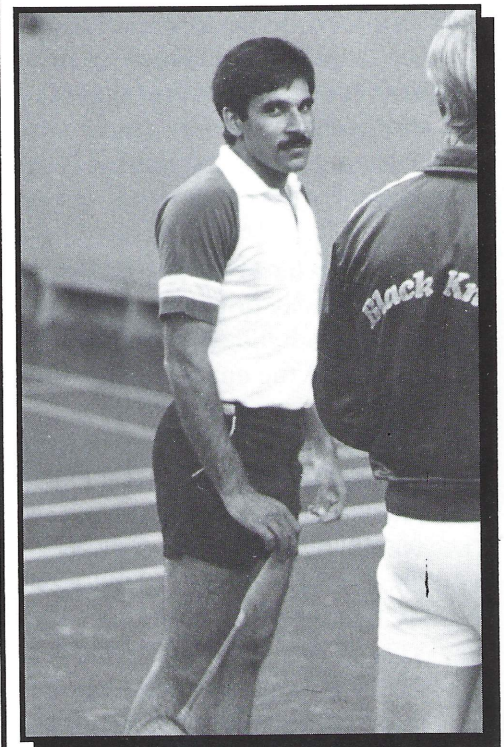
This year's Hennessey Classic was small but had a lot of charm. Wes Schoppe puts his signature on events he runs, everyone had a good time, and there was some fine badminton on the MBBC courts. The Dick Aggers crew put on a great dinner as well.

As in a number of other senior/master events, Wong and Bun Lao were on the court a lot during the finals. They won the 45 and 50 men's doubles from Poole/Ogata and Poole/Knight, respectively. They are amazing. Hsi Peng was his surprising self in the 70's play. Jim Bell visited us from his Ohio courts and took singles golds in the 50's and 60's. He seems to be able to run forever.

It was fun to see Suthep Chicharoen (pictured above) back in tournament play...

Teamed with Chevy Ruktoume, they won the 40 doubles from Andy Gouw and Curt Dommeyer. It was an excellent match but not as close as the one they took from Duane Woods and Ed Rivas in the 35 doubles.

Suthep's partner, Chevy, also took the 40 singles, barely hanging on to endure for the victory. Duane Woods also just edged Andy Gouw, 17-14 in the third game of a knock-down battle for the 35 singles, to earn a big hand from the audience.



Tariq leads in Grand Prix point totals

SCBA's "Shuttle Scuttle"



GINNY HALES REPORT...

BADMINTON NEEDS YOU!!!

The SCBA is trying to help provide more coaches for the CIF high schools which want to field co-ed badminton teams. Right now badminton is on the brink of being dropped by the CIF as a team sport due to the low number of teams (80 now, there used to be 100).

Therefore we are trying to find people who would be interested in coaching a high school team from Feb. through May for 5 afternoons a week from about 2:30 to 5:00PM. The pay for Varsity coaches varies from \$1,000 to \$1,500 depending on the school. Coaches must have First Aid and CPR certificates, and complete any course work (usually one weekend) required by the school district to be fully certified. Also, the SCBA strongly recommends that you complete a USBA Level 1 and 2 coaching clinic before taking on the responsibility of coaching a team.

Please send in your Name, Address, Telephone, Badminton Experience, and area of Southern California you would be interested in coaching to:

Virginia D. Hales
Scholastic Chairman of SCBA
14747 Oracle Place
Pacific Palisades, CA. 90272

DONATE AND GET A TAX DEDUCTION...

Over a year ago, the SCBA was approved by the IRS for 501 (3) c. non-profit corporation status. This means that people or companies who wish to donate money for the development of badminton in Southern California may do so and take it as a tax deduction.

On May 20, the SCBA will be kicking off a new fund raising effort with a FRONTON event at the Manhattan Beach Badminton Club -- which is always great fun! In addition, we hope you will consider making a donation to one of the following areas of SCBA grassroots development:

- 1) JUNIOR PROGRAM - helps provide teachers and equipment for the six junior centers now in operation for youngsters 10 to 18. Also helps provide training for those youngsters with potential to become champions.
- 2) ADULT PROGRAM - helps provide teachers at the existing places to play to teach adults beginning skills. Helps open more places for adults to play.
- 3) COACHING CLINICS - supports clinics taught by top players and coaches for those who would like to teach and/or coach badminton in schools, YMCA's, Boys' and Girls' Clubs and private badminton clubs.
- 4) PLAYERS CLINICS - supports clinics taught by top players and coaches for those players who want to improve their playing skills.
- 5) UMPIRE CLINICS - supports clinics to teach players and others how to referee games at competitive levels.
- 6) SHUTTLE SCUTTLE - helps support the line of communication to schools and all badminton enthusiasts.

7) PUBLICITY - helps promote the game through flyers, press releases, newspaper articles, TV spots, periodicals, tournament entries, etc.

When you send in your donation, please make a note as to which area you would like the money to go. In return, you will put on the mailing list for all communications and sent a receipt for tax purposes.

You might also say if you would be interested in volunteering in any of the above areas. We very much need more volunteers in order to help badminton grow at the grassroots level.

CAN U-B-LEAVE-IT from Kelly...

One of the jobs that I seem to have inherited for years is to answer letters with various badminton questions that come out of the blue. Maybe some elf has put my name and address into a phone book or an ad or a newspaper. Generally this is not my favorite thing to do, but I have always felt good when I have done it -- until recently...

A couple of weeks ago I got a post card from a gentleman in the midwest. He asked me about badminton and where could he get a copy of the "Badminton Gazette." I sat down and wrote him a letter and I explained that the "B.G." had changed its name many years ago to "World Badminton." I sent him a copy of a new subscription form and a copy of "The Badminton Magazine." I felt I had done my daily good deed.

Ten days later I received back the large envelope I had sent. One end had been ripped open; the magazine and letter still inside; and a note penciled on the envelop read, "Returned - Sender Refused." He did not want my handiwork! -- I hope one bad time won't keep me from answering future badminton questions.

Badminton FUNdamentals...

CLUTCH VERSUS CHOKE

Your best performance requires relaxed concentration
- and a defeat of tournament anxiety.

By Guy Chadwick
(TBM Editor, Team HL Player, and
Arizona State Univ. badminton coach)

I am not a professional psychologist, but like many of you, we can all make common sense observations of top athletes in any sport and list "traits" that contribute to performance. Often the biggest stumbling block to peak performance is not physical, but our mental approach to competition.

"CLUTCH" performers have many similar traits that enable them to play their best, especially in the "big" matches and at the "crunch" times. "CHOKERS" also tend to display common traits that undermine their best abilities. I think it can be useful to identify both sets of traits, so that we all can work to instill the "clutch" ones and avoid the "choker" ones.

CLUTCH performers display a single-minded purpose to win or excel and set their mind on how to get the job done. They spontaneously rise to the occasion and rise above distractions.

They intensely watch the shuttle and incorporate their training and current match strategy into fluid execution. They are not concerned with how they look or the inconsequential happenings around them. They shrug off the "bad moments" and especially the negative emotions they may have experienced in previous points of the match. Each point is played as if it is the whole game. CLUTCH players lock-in and direct their energies on their immediate responsibilities. They lock-out all distractions.

CHOKERS, on the other hand, seem to

let the importance of the moment introduce additional factors to their workload. They may set their mind on how to get the job done, but they also seem to ask themselves a lot of questions...

"Can I win?" "What can happen?"
"How do I look?" "What does
everybody think of me?" "Should I do
something different because this is so
important.?" "What if I screw up?"
"Am I a choker?" "Am I a winner?"
"Can I lose?"

The questioning process itself issues in doubt and brings the attention of the player away from the immediate responsibilities of play. Distracted behavior, tentative play, impatience, panic, and a disrupted game plan are all typical outcomes.

Many players identify the rush of adrenaline prior to and during a match as fear or nervousness. Adrenaline itself does not have a label until you give it one. It is simply the body's way of preparing you with extra energy.

CLUTCH performers use adrenaline to magnify their senses and physical abilities for an unified and immediate purpose. CHOKERS use the energy to magnify wishes, doubts, worries, and distractions.

Sometimes CHOKERS seem even to heighten their adrenaline level in destructive ways. They may take themselves too seriously. Or, they may place so much importance on the event or their expectations of the event that they further magnify their wishes, doubts, and distractions.

It is important to know that Chokers don't have to be Chokers. They can learn to be Clutch performers and play up to their potential. In fact, I'm sure most every Clutch performer was once a Choker at some time in their career.

Tournament experience generally goes a long way to solving the problems of Chokers. Simply being exposed over and over to "important" matches prepares you for the situation. Your adrenaline level is less likely to rise out of control when you know what to expect.

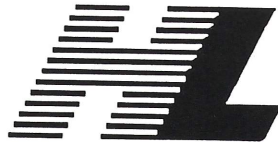
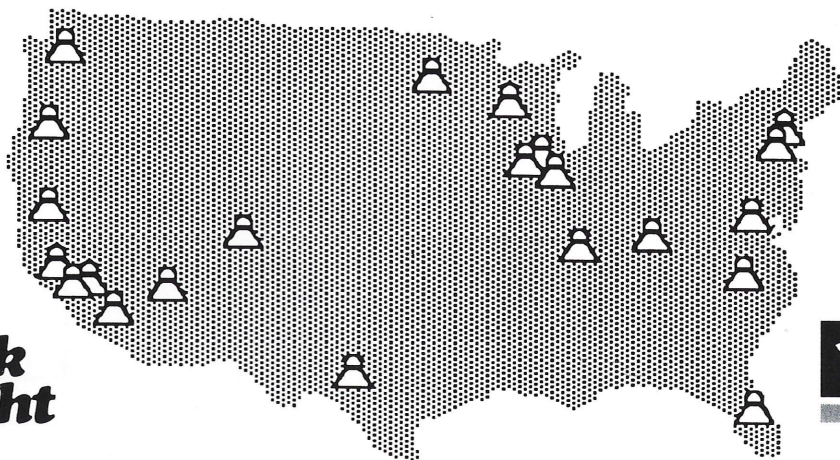
The more you play, the greater your opportunities to experience success. Success can mean winning, or it can mean improved play even if you don't win. Both lead to confidence. Confidence helps you to avoid asking yourself a lot of distracting questions.

Practice time is not only a time for conditioning and practicing shots, but it is also a time to condition and practice your mental preparation -- your relaxed single-minded concentration. If you take the time to practice as if you were in a tournament situation, you will have a good mental outlook to draw on when crunch time rolls around.

As a final note; I think it helps to remember just how fortunate we are to even have the abilities to perform such a complicated task as badminton. The very fact that we can enjoy the pleasure of healthy exercise and competition, especially when we see the less fortunate in the world around us, should serve to put our ambitions in perspective and relax our personal mental outlook.

The United States of America.

Your guide to natural resources for badminton equipment.



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Rocky Point, NY
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DUDLEY CHEN
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This a partial listing of your expert badminton resources for BLACK KNIGHT, HL, and VICTOR. For more info:
HL CORPORATION / P.O. Box 3327 / Manhattan Beach / CA / 90266 / (213) 546-3652 / Outside CA: (800) 457-7678

Badminton FUNdamentals...

DREADED SHADOW DRILLS

By Dean Schoppe
(Team HL and
U.S. National Team player)

Many coaches are familiar with SHADOW DRILLS, which are generally dreaded by beginning players and tournament player alike. Unfortunately, shadow drills are one the most important practice methods a player can use to advance from a beginner to intermediate status. Shadow drills are also used by top tournament players to improve their court coverage and physical conditioning. Fortunately, shadow drills can be made as easy as necessary to adapt to each players level.

For those who are not familiar with shadow drills, they are drills which practice specific footwork patterns on the badminton court without actually hitting a shuttle. You practice moving on the court as if you are playing against a shadow shuttle. Shadow drills are used for the purpose of correcting footwork errors, improving footwork efficiency, and for physical conditioning.

The most common use involves full court shadow drills where the player must be prepared to move to any location on the court demanded by the coach or training partner. Full court shadow drills are only productive if you already know all the correct footwork patterns to cover the court. Simplified partial court shadow drills allow you to work on and correct awkward areas of your footwork before they become a bad habit.

For example, if you do not know how to lunge at the net and go back for a clear, you do not want to use full court shadow drills. You should spend some time practicing going to the net with

the correct footwork. Then you should practice moving to the backcourt area using the correct footwork. When you have become comfortable with both movements, then you can put each of these together and practice an up and back shadow drill.

The six locations marked on the court shown on this page are the primary locations that a player must practice going to and from -- always start and finish in the center position. Shadow drills should be practiced separately to each location. Initially begin at a slow walking pace, and build speed until you can use the correct footwork at a rapid tournament pace. Always stay in control until the correct footwork patterns become automatic.

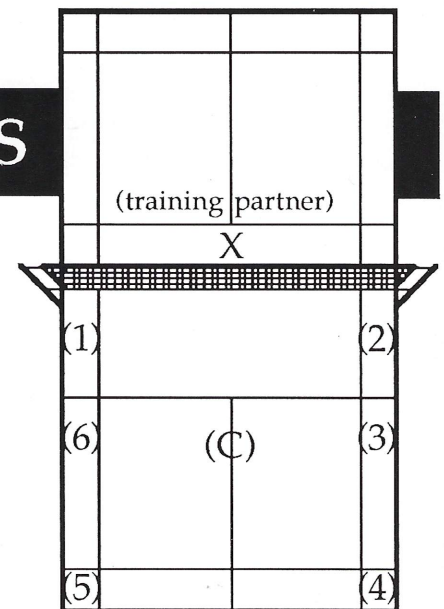
Surprisingly, beginners can be taught correct footwork very quickly using simple shadow drills. The basics can become "automatic" within just one or two practice sessions.

SHADOW DRILLS IN STAGES...

STAGE 1 (One Corner Sequence):
Starting at center position C, practice going to location 1 with the correct footwork followed by the immediate return to C. Start by walking through the correct footwork. Gradually picking up speed until you can cover that location and return to the center at full speed with the correct footwork. Repeat at least 10-20 times until the footwork becomes "natural." Practice the footwork to each of the 6 locations in this same way.

When the footwork to all locations becomes natural, then shadow drills using multiple locations can be used.

STAGE 2 (Two Corner Sequence):
Starting at center position C, practice



going to two locations in sequence, e.g. C>1>C>2>C>1>C>2>C ... This particular sequence practices your footwork to both net corners. Any two locations may be used to practice all of the basic court coverage patterns that include: up and back (2-4-2, 1-5-1), side-to-side (3-6-3), and diagonal (1-4-1, 2-5-2).

When you are able to smoothly combine two corner movements, you will notice that you can already cover the court much more efficiently. You are ready to try option shadow drills.

STAGE 3 (Two Corner Option): When you can smoothly combine two corner movements, instead of automatically going from one location to the other, have a training partner or coach point or call out which location you should go to. As soon as you return to the center position, the training partner points or calls the other or same location again. This prevents you from "running through the center" and forces you to maintain a much better balance and state of readiness. The training partner is more closely replicating the the game situation in which you do not usually know where your opponent will hit the shuttle next.

When you can smoothly react to your training partners choices using all the

two corner option shadow drills, you will be ready to move to multi-corner shadow drills.

STAGE 4 (Multi- Corner Sequence):

When you can smoothly use the proper footwork to each of the court locations individually and in two corner combinations, then it is time to try putting several or all of the corners together in a pre-determined sequence. For example, C>1>2>3>4>5>6>1... around to all corners. Or, an up & back & diagonal C>1>4>2>5>1>4..., etc.

One-, Two-, and Multi- Corner sequences can all be used for very specific footwork corrections and intense physical conditioning. When you can smoothly and quickly handle sequences you now have all the tools to also practice stage 5 shadow drills.

STAGE 5 (Multi- Corner Option):

Multi-corner Option shadow drills further test your footspeed reaction time and endurance. Begin at the center position and have your training partner point to a court location. Execute your footwork and return to the center. As soon as you are returning to the center, the training partner has

the option to point to any other location on the court, and so on.

SHADOWS FOR CONDITIONING...

Shadow drills are easily used for physical conditioning by adding a stop watch and repetitions. For example, conduct a shadow drill sequence for 30 seconds, then rest for 30 seconds, go for 30 seconds, rest for 30 seconds... to continue for 15 - 20 minutes would be a reasonable replication of the physical effort required in a game of singles.

All of the Sequence and Option shadow drill possibilities can be used with a time clock. Generally, the Option shadow drills are more demanding because they involve more unexpected changes in direction.

Stopping and starting and changing directions unexpectedly are what make badminton such a demanding physical game. Shadow drills give you the opportunity to practice your footwork and physical conditioning without worrying about your shots. In fact, when you learn to cover the court more efficiently you will find that practicing your shots comes easier.

A NOTE ON WHEELCHAIR BADMINTON...

Although the concept is a fairly new one, badminton can open up an exciting recreational and competitive alternative for wheelchair athletes.

Last year, Clody Johnson and Eric Wan instructed a class at the East Los Angeles College Youth Badminton Center under the LA88 Sports Program administered by the Amateur Athletic Foundation of Los Angeles.

Several different court arrangements, rule adaptations, and specially constructed drills were investigated.

Most recently, Dean Schoppe and Tariq Wadood did a wheelchair exhibition for a camp on wheelchair sports at Saddleback College in Mission Viejo, California. They found that by raising the net to 6 feet it promoted longer rallies.

Top wheelchair athletes may want to play by strict badminton rules, but badminton also allows for some easy adaptations to increase the fun for recreational and developing players.

Chick's

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???????

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- where to play in your area?
- where you can get equipment?
- who to call for more coaching or general badminton advice for your school or club program?
- when tournaments in your area are scheduled?
- who else plays in your area?
- where you can publicize your badminton news, upcoming tournaments, and local badminton heroes, etc.?
- how you can help bring our new Olympic sport to your friends on a local, state, regional, or even national level?
- who to talk to about any skill you might wish to offer?

CONTACT...
THE BADMINTON MAGAZINE
5873 E. Paradise Lane
Scottsdale, AZ 85254
(602) 494-9464



At the U.S. Adult Nationals banquet Guy Chadwick, Traci Britton, and USBA Director & Sportcraft representative Larry Gazlay get together.

U.S. ADULT NATIONALS continued...

In the WOMENS DOUBLES it appeared another upset was in the making behind the excellent teamwork play of Ann French and Joy Kitzmiller. They came back after narrowly losing the first game 12-15, to win 15-3 in the second. Ann and Joy continued their fine play into the third game all the way up to a match point 14-12 score.

Linda French and Linda Safarik-Tong seemed to just be hanging on. They managed to save the match point and eventually came back to tie at 14-all to go into set. In set, the Lindas regained their winning edge and won 17-14. This was the fourth straight national doubles crown for Linda French-- two with Nina Lolk, and now two with Safarik-Tong.

The MENS DOUBLES final followed a very similar pattern. The defending champions Jogis and Lee seemed just to be hanging on. In the first game they were just outplayed by Dean and Tariq yielding a 15-13 game score. In the second it appeared Dean and Tariq had the game plan and momentum to

carry through for the upset in straight games. But, Chris and Benny stayed close, then overtook them in the end to win 15-11 for the split.

Benny had to win this match to gain a place on the U.S. National team. Certainly, Chris wanted to have his longtime partner for upcoming international events. This seemed to pull them together enough to outserve and outattack Dean and Tariq for most of the final game to win 15-6. Chris and Benny have now won three consecutive national doubles title.

OTHER AWARDS...

Badminton not only rewards the winners, but it also recognizes with honor those that contribute to the development and spirit of the game.

The Ken Davidson Memorial Award was given to Traci Britton for her outstanding sportsmanship, achievements, and contributions to the sport of badminton over many years.

The Players Appreciation Award was given to Guy Chadwick for his on-going efforts to represent and promote badminton at all levels.

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