



Harborough LC Junior Badminton Club



We are a friendly club who welcomes players from 8-18 years regardless of previous experience or ability. We offer structured sessions for learning and fun too! Members are invited to play in external tournaments when appropriate. We are affiliated to Badminton England (CL000029) with accreditation as a Badminton England Premier Club and Sport England Clubmark and follow their guidance in our code of conduct for young people and other policies.

We will continue to operate a monthly standing order payment system which will 10 monthly £21.00 BACS payments (September 2023 to June 2024) which cover the Autumn, Spring & Summer Terms for the anticipated 36 weeks we are able to use the Sports Hall at Harborough Leisure Centre. 2 other weeks are used for NHS Blood Donor sessions. The increase for the season is £0.83 per week. Also includes the Badminton England "RACKET PACK (0-11 years)" or "JUNIOR PLAYER (12-18 years)" Membership Fee, Club Internal Tournament, Christmas Party & Trophy Presentation night. A club hoodie will be provided free of charge as part of initially joining the club. In addition, again this season a free club shirt, which will be required to wear at the weekly Wednesday badminton sessions (suitable sizes will be established first weeks attendance). Season 2022/23 members can exchange FOC for a larger size. **There will be no refund of fees paid for non-attendance at any Wednesday session.**

Please contact the Club Secretary or Head Coach for more information.

To join any club session please contact Ray Phipkin on rayhipkin@harboroughlcjuniors.org.uk or 07582 195940

- All weeks will include an element in respect of Preparing to Play activities, Single & Double Ladders, Fun & Conditioned Games.
- Within each week, the tasks will be adjusted on the various courts to reflect the needs of all the players' abilities (i.e. beginner / intermediate).
- Children will have the opportunity to take part in Badminton England "The Racket Pack" award scheme.
- The Six Sigma method of DMAIC (i.e. Define, Measure, Analyse, Improve, and Control) will be used at various stages over the weeks in relation to a selected range of shot skills by using either Yonex Mavis 300 of both medium & fast speeds or Babolat No 1 or 2 Feather shuttles.
- A BKL Automatic Shuttlecock Launcher will also be available to be used.
- The FocusX2 analysis software programme tool using captured video footage of the player's movements will also be used at various stages over the Autumn, Spring & Summer Terms to help improve player's technical & tactical skills.
 - (This would only apply when permission for the young person had been given on the enrolment form to be filmed or photographed during any coaching / club session).

4:00 to 5:00pm aimed at aged 8 to 15 years (school years 3 to 10 only); 5:00 to 6:00pm aimed at aged 11 to 16 years (school years 6 to 11 only);

Autumn Term 1 Badminton - 6 weeks from 30th August 2023 until 4th October 2023 (no session on 11th October).
(Week 1:- Striking Skills; Week 2:- Movement, Sending and Receiving; Week 3:- Backhand Serves & Return of Low Serves; Week 4:- Forehand Serves; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Net Shots - Forehand & Backhand.
Week 7:-NO BADMINTON).

Autumn Term 2 Badminton - 8 weeks from 25th October 2023 until 20th December 2023 (no session on 6th December).
(Week 1:- Forehand Overhead Shots; Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; **Week 7: No BADMINTON**; Week 8:- Doubles, Partner Awareness, Formations; Week 9:- Christmas Party).

Spring Term 3 Badminton – 6 weeks from 3rd January 2024 until 14th February 2024. (Week 1: Forehand Serves (Low, Flick & High) & Returns to designated areas; **Week 2:- NO BADMINTON**; Week 3 Backhand Serves & Return of Low Serves to designated areas; Week 4:- Singles, Tactical & Technical Skills, Routines; Week 5:- Doubles, Tactical & Technical Skills, Routines; Week 6:- Club Tournament – Group Rounds; Week 7:- Club Tournament – Group Rounds;

Spring Term 4 Badminton - 4 weeks from 28th February 2024 until 19th March 2024. (Week 1:- Club Tournament – Group Rounds; Week 2:- Club Tournament – Group Rounds; Week 3:- Club Tournament Group Rounds & Quarter Finals; **Week 4 (THIS IS A TUESDAY):- Club Tournament – Semi & Finals**).

Summer Term 5 Badminton - 7 weeks from 10th April 2024 until 22nd May 2024. (Week 1:- Forehand & Backhand Drives; Week 2:- Club Tournament Presentations & Meal, Fun Games; Week 3:- Backhand Overhead Shots; **Week 4 (THIS IS A MONDAY):- Forehand Overhead Shots**. Week 5:- Stroke Skill practices for High Serve, Drop, Net, Lift Routines (half court); Week 6:-); Week 6:- Doubles, Tactical & Technical Skills, Routines; Week 7:- Singles, Tactical & Technical Skills, Routines

Summer Term 6 Badminton - 5 weeks from 5th June 2024 until 3rd July 2024. (Week 1:- Forehand & Backhand Net Lifts – Straight & x-court (Measured Test); Week 2:- Forehand & Backhand Net Shots – Straight & x-court (Measured Test); Week 3:- Forehand Singles Serves – Low, Flick & High (Measured Test); Week 4:- Backhand Singles & Doubles Serves – Low & Flick (Measured Test); Week 5:- SAQ Activities, The Badminton England Fitness Test (1 to 4), outstanding Racket Pack stage Tests & Fun Games).

6:00 to 7:00pm Sessions - aimed at aged 14 to 18 years (school years 10 to 13 only) Dependant on Numbers, players from School years 8/9 – aged 12/13 would be accepted based on playing ability

Autumn Term 1 Badminton - 6 weeks from 30th August 2023 until 4th October 2023 **(no session on 11th October)**. (Week 1:- Striking Skills; Week 2:- Movement, Sending and Receiving; Week 3:- Backhand Serves & Return of Low Serves; Week 4:- Forehand Serves; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Net Shots - Forehand & Backhand. **Week 7:-NO BADMINTON**).

Autumn Term 2 Badminton - 8 weeks from 25th October 2023 until 20th December 2023 **(no session on 6th December)**. (Week 1:- Forehand Overhead Shots; Week 2:- Backhand Serves & Return of Flick Serves to designated areas; Week 3:- Forehand Serves to designated areas; Week 4:- Net Shots - Forehand & Backhand; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; **Week 7: No BADMINTON**; Week 8:- Doubles, Partner Awareness, Formations; Week 9:- Christmas Party).

Spring Term 3 Badminton – 6 weeks from 3rd January 2024 until 14th February 2024. (Week 1: Forehand Serves (Low, Flick & High) & Returns to designated areas; **Week 2:- NO BADMINTON** ; Week 3:- Backhand Serves & Return of Low Serves to designated areas; Week 4:- Singles, Tactical & Technical Skills, Routines; Week 5:- Doubles, Tactical & Technical Skills, Routines; Week 6:- Club Tournament – Group Rounds; Week 7:- Club Tournament – Group Rounds;

Spring Term 4 Badminton - 4 weeks from 28th February 2024 until 19th March 2024. (Week 1:- Club Tournament – Group Rounds; Week 2:- Club Tournament – Group Rounds; Week 3:- Club Tournament Group Rounds & Quarter Finals; ; **Week 4 (THIS IS A TUESDAY):- Club Tournament – Semi & Finals**).

Summer Term 5 Badminton - 7 weeks from 10th April 2024 until 22nd May 2024. (Week 1:- Forehand & Backhand Drives; Week 2:- Club Tournament Presentations & Meal, Fun Games; Week 3:- Backhand Overhead Shots; **Week 4 (THIS IS A MONDAY):- Forehand Overhead Shots**. Week 5:- Stroke Skill practices for High Serve, Drop, Net, Lift Routines (half court); Week 6:-); Week 6:- Doubles, Tactical & Technical Skills, Routines; Week 7:- Singles, Tactical & Technical Skills, Routines

Summer Term 6 Badminton 5 weeks from 5th June 2024 until 3rd July 2024. (Week 1:- Forehand Clear – Straight & x-court (Measured Test); Week 2:- Forehand Smash – Straight & x-court (Measured Test); Week 3:- Forehand Singles Serves – Low, Flick & High (Measured Test); Week 4:- Backhand Singles & Doubles Serves – Low & Flick (Measured Test); Week 5:- The Badminton England Fitness Test (1 to 4).

Club Committee contacts

Chairperson: Steve Chapman

Secretary: Lynda Haynes

Treasurer: Ray Phipkin

Welfare Officer 1: Nancy Fitzmaurice

Welfare Officer 2: John Fannon

Parent Representative: Penny Fannon

Head Coach: Ray Phipkin

Assistant Head Coach: John Fannon

Assistant Coach: Steve Chapman

Assistant Coach: Freddie Parsons

Junior Club Representatives:-

mobile no: 07971 617942

mobile no: 07901 935105

mobile no: 07582 195940

mobile no: 07887 965701

mobile no: 07709 699466

mobile no: 07713 396950

mobile no: 07582 195940

mobile no: 07709 699466

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Mia Fannon, Thomas Bootheway, Joshua Brambini-Meadows

Club Web Site: - <http://www.harboroughlcljuniors.org.uk/>