



# 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 £23.00 BACS payments (September 2024 to June 2025) 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 £0.56 per week.** Also includes the Badminton England “RACKET PACK (CLUB)” (0-11 years) or “JUNIOR PLAYER (CLUB)” (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 2023/24 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](mailto: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** – 8-1=7 weeks from 28<sup>th</sup> August 2024 until 16<sup>th</sup> October 2024 (no session on 25<sup>th</sup> September). (Week 1:- Striking Skills; Week 2:- Movement, Sending and Receiving; Week 3:- Backhand Serves & Return of Low Serves; Week 4:- Forehand Serves; **Week 5:- NO BADMINTON**; Week 6:- Net Lifts – Forehand & Backhand; Week 7:- Net Shots - Forehand & Backhand; Week 8:- Forehand Overhead Shots.

**Autumn Term 2 Badminton** – 8-1=7 weeks from 30<sup>th</sup> October 2024 until 18<sup>th</sup> December 2024 (no session on 20<sup>th</sup> November). (Week 1:- Backhand Serves & Return of Flick Serves to designated areas; Week 2:- Forehand Serves to designated areas; Week 3:- Net Shots - Forehand & Backhand; **Week 4:- NO BADMINTON**; Week 5:- Net Lifts – Forehand & Backhand; Week 6:- Forehand Overhead Shots to designated areas; Week 7:- Doubles, Partner Awareness, Formations; Week 8:- Christmas Party 4:00pm to 7:00pm with meal at 5:30pm).

**Spring Term 3 Badminton** – 6 weeks from 8<sup>th</sup> January 2025 until 12<sup>th</sup> February 2025. (Week 1:- Striking Skills & Movement; Week 2:- Forehand Serves (Low, Flick & High) & Returns to designated areas; Week 3:- Backhand Serves & Return of Low Serves to designated areas; Week 4:- Doubles, Partner Awareness, Formations; Week 5:- Doubles, Tactical & Technical Skills, Routines; Week 6:- SAQ Activities, The Badminton England Fitness Test (1 to 4), & Fun Games).

**Spring Term 4 Badminton** - 7 weeks from 26<sup>th</sup> February 2025 until 9<sup>th</sup> April 2025 (Internal Club Tournament Events with group games weeks 1-5 also, quarterfinals week 6 and semi-finals / finals week 7).

**Summer Term 5 Badminton** - 4 weeks from 30<sup>th</sup> April 2025 until 21<sup>st</sup> May 2025. (Week 1:- Forehand & Backhand Drives; Week 2:- Backhand Overhead Shots; Week 3:- Stroke Skill Practices for High Serve, Drop, Net, Lift, Routines (half court); Week 4:- Stroke Skill Practices for Flick Serve, Clear, Drop, Net, Lift Routines (doubles full court- shots over half court).

**Summer Term 6 Badminton** - 5 weeks from 4<sup>th</sup> June 2025 until 2<sup>nd</sup> July 2025. (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:- Club Tournament Presentations (5:00pm to 5:30pm; Meal from 5:30pm with **AGM start at 6:00pm**).

**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**

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#### **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  
Parent Representative: Julie Hine  
Head Coach: Ray Phipkin  
Assistant Head Coach: John Fannon  
Assistant Coach: Steve Chapman  
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: 07951 034746  
mobile no: 07582 195940  
mobile no: 07709 699466  
mobile no: 07971 617942  
Hattie Hine, Mia Fannon, Thomas Bootheway.

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