Growing Badminton as a Sport - an Alternative Approach

A Team Approach

Using Strategy

As the Framework

Sunday May 24, 2009

10:00 a.m. to 5:00 p.m.
Harwood Badminton Centre
Ajax High School
105 Bayly Street East

A Coaching Symposium For School & Club Coaches, Badminton Athletes and Parents

Supported by ONTARIO BADMINTON ASSOCIATION

Introduction:

Badminton participants are well aware of the model of development that has been used in Ontario for many years - athletes join a badminton club at a young age where they get individual or group coaching by a qualified professional, play in regional competitions, OBA junior circuit events, Canadian junior circuit tournaments and even international events. The strength of that model is that it develops elite individual athletes for sure but what about the athletes who don't start out at such an early age but perhaps get introduced to badminton just as they enter high school? - is there another way to develop their playing level so that they too can become competitive in these areas of our sport?
There may be another way to develop athletes in badminton within the high school system and university/college system - working within a team structure to promote the sport and teaching tactics and strategy as the framework of development. That is the focus of this coaching symposium using a successful programme as the basis of discussion - the Ajax Rams → Harwood Phoenix Junior BC→ Varsity Blues (U of T) model which ends with athletes competing at the top levels of play within the province and country. This coaching forum will focus on the Long Term Athlete Development programme and will also include input from the MacIntosh Medical Clinic at University of Toronto.

Summary of Presentations

- ☐ **Long Term Athlete Development** **Power Point presentation**
- ☐ **At The Beginning – what is critical?**
  - A look at some beginners from Ajax High
  - What do we decide is critical in the 15 practice season?
  - What things do we want the kids to do for life?
  - A Demonstration and Evaluation -
- ☐ **Athletes in Badminton & Their Injuries** **Marcel Charland**

Marcel Charland is the sport massage therapist/athletic therapist who works with Varsity Blues badminton team athletes throughout the school year. As part of his ongoing education, Marcel was involved with LTAD from the perspective of Sport Med BC and is planning to integrate the basic principles of functional movement into his practice. As part of the presentation, Marcel will discuss the most common badminton injuries on the Blues roster, possible causes of these injuries, ways to prevent such injuries and the ongoing treatment that was used at the Clinic.

- ☐ **Novice High School Athletes** **Coaching Staff**

Every year in Ontario, a badminton programme starts in every high school - the purpose of the programme is to develop a school team that will compete within the local region and to create a group that has the passion for the sport throughout high school and beyond. This session shows what one high school programme has decided is critical for its novice athletes and how the structure of the programme leads to skill development, court movement and match play without the pressure of winning. This session will be an active presentation on court with question/answer/discussion after with the participants and some parents.

☐ The Transition to Senior Badminton Within the High School

This session will use the senior badminton team athletes at Ajax High School and the regional club athletes from Harwood Junior Badminton Centre as the basis of discussion for possible transition from the introductory phase of development to a more advanced phase in which competition and winning become more of a focus. Senior athletes from the Ajax/Harwood programme have qualified for OFSAA competition every season since 1978, have won several gold medals at OFSAA in the A flight, have won numerous OBA junior provincial titles and have even won Canadian junior titles so the approach of this programme may be well worth studying - the entire focus in both programmes is a team focus. The on court session will feature an approach to coaching that helps the individual athlete learn strategy through trial and error in all three disciplines - after the on court session, there will be a chance for dialogue/discussion.

☐ And The Varsity Blues – Intercollegiate Sports Melissa Hill

At University of Toronto and at other colleges/universities, the athletes who try out for intercollegiate badminton are not always from the OBA trained group of athletes but rather come directly from high school programmes with little or no background in the principles of training within a 5- or 6-practice per week regimen. This session deals with how one university programme selects its team athletes each fall and how they are integrated into a "team approach" using the same fundamental approach that was used both with the novice and with the senior high school athletes. The on court programme will feature an authentic practice session with a large diverse group of athletes under the guidance of Toronto's assistant coach, Melissa Hill and the team leaders.

☐ And The Final Product Andy Lam/Shilin Cheung

Shilin Cheung tried out for the Varsity Blues programme in the fall of 2003 with no prior experience in the sport of badminton - she was selected to the team because of her obvious athletic abilities and her superior movement on court. From that point on, Shilin has improved to the point of being Toronto's nominee for OUA MVP (Female) this season, having a record of 4 wins & 1 loss in OUA singles play and a record of 5 wins & 0 losses in OUA doubles and winning both the Ontario B singles & doubles titles at the OBA provincial B championships in March '09

Andy Lam tried out for Varsity Blues in the fall of 2004 as a product of the Ontario school system without any OBA club play - he was selected to the team since he had performed at OFSAA 2004 and showed desire and athletic potential although he ranked 21st out of 22 in overall fitness testing at the tryout camp. From that point Andy has improved his play each season and was voted an OUA All Star (male) for 2006, '07 and '08. Within Ontario, Andy has achieved some remarkable results: Ryerson Open '09 singles title, Boulevard '09 singles title, Durham Open '09 singles title, Ontario A '08 B flight winner (singles, doubles, mixed), Toronto Open '08 B flight singles finalist, Canadian U23 '08 quarter-finalist in singles, Ontario U23 '07 singles 3rd place. In the spring of 2008, U of T awarded Andy the "Silver T" which is awarded to graduating varsity team athletes for outstanding athletic performance.

Programme Schedule

8:45 a.m.	Registration & Continental Breakfast
9:00 a.m.	Introduction to Symposium & LTAD
9:45 a.m.	Movement & Readiness - the Starting Spot
10:15 a.m.	Evaluating the Session - Badminton Injuries
11:30 a.m.	Nutrition Break
11:45 a.m.	The Novice High School Programme
13:00 p.m.	Lunch Break
13:45 p.m.	Senior High School Team Programmes
14:45 p.m.	Nutrition Break
15:00 p.m.	Varsity Blues Programme - a Demonstration
16:15 p.m.	The Final Product - Andy and Shilin
16:45 p.m.	Closing Remarks

Growing Badminton as a Sport

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For School & Club Coaches,
Badminton Athletes and Parents

Registration Form

Name of Registrant _____

Street Address _____

City/Town _____

Postal Code _____

E-mail Address _____

Telephone # _____

Please make $25.00 cheque payable to ONTARIO BADMINTON ASSOCIATION
Confirm registration by e-mail to fabcoach@rogers.com and bring registration form and fee to Coaching Symposium on May 24th.

All Coaches Complete the Following

What type of coaching situation would best describe your own coaching?

_____	elementary/junior HS coach	_____	high school coach
_____	OBA affiliated club coach	_____	non OBA junior club coach
_____	adult club coach	_____	city recreation department
_____	university/college team	_____	private club professional

All Players Complete the Following

What type of player would best describe you?

_____	high school player	_____	OBA junior B/C level player
_____	OBA junior A competitive	_____	national level junior
_____	OUA/OCAA player	_____	adult recreational player
_____	OBA ranked adult player	_____	OBA senior/masters