

ANOTHER AMAZING YEAR OF BADMINTON!

It seems a lifetime ago since Winchester Badminton Academy opened it's doors. In fact, it was just three and a half years ago.! And what a journey it has been since then.

When WBA began in January 2022, it set it's sights on providing the very best quality badminton coaching to the children of Hampshire, and in so doing, spread itself further afield. As a consequence, Andover Badminton Academy was born.

Today, both Winchester and Andover venues are incredibly successful, and their joint number of affiliated members places them in the top three junior badminton clubs in the country.

But it's not just about numbers! We pride ourselves on retaining the vast majority of our young players, right through to their late teens in most cases. And this can only be achieved by delivering high-calibre coaching sessions which are fun, engaging and provide pace and challenge to all of it's players, regardless of ability.

None of this could be achieved if it wasn't for the commitment and dedication of our amazing coaching staff, all of our players, and of course, the support of all of the parents and grandparents who get the children to and from training and tournaments week in, week out.

Finally, in order to help our youngsters gain that all-important competition experience, we now hold a series of singles-based tournaments for club-level players and beginners. We routinely welcome 60+ players to our events, such is the popularity and appetite for this level of competition.

Thank you everyone, for all of your efforts and support of WBA and ABA.

Richard Peters - Head Coach and Founder

info@winchesterbadmintonacademy.co.uk



WINCHESTER BADMINTON ACADEMY PLAYERS SELECTED FOR HAMPSHIRE



The 2024/5 season has seen another incredibly successful year for a number of our older and advanced players. Being selected to represent your county has long been the ambition of many young badminton players, and this year has been no exception.

A massive congratulations to the following individuals who have been selected to train and/or compete for Hampshire county this season.

Jessie Beacher

Tilly Beacher

Joy Lau

Hailey Hui

Duncan Robertson

Emily Turgoose

James Woodward





Many of our players work towards their Duke of Edinburgh Award (bronze and silver levels) at various stages of their school lives. A significant aspect of this involves gaining experience either learning a new skill, being physically active and/or participating within a voluntary role.

We at Winchester Badminton Academy welcome this opportunity, and as regular members of our badminton community, our players often come to me to provide them with the necessary *Assessor's Report* to validate the progress towards their goals.

If you, or somebody you know, is studying for the Duke of Edinburgh Award scheme, you too can benefit from the knowledge and expertise of your coaches. All you have to do is ask!

Contact Richard for more information.

"I would like to emphasise how supportive and positive Richard has been during the process of my granddaughter working towards her Duke of Edinburgh. She could not have fulfilled the requirements without him. Richard has provided very thorough and thoughtful assessments relating to her performance. We are very grateful"

- JL



You are Invited to

Winchester Badminton Academy's *Presentation Evening* 2025

Saturday 19th July
Westgate Badminton Centre Lounge
6.00pm - 8.00pm

Refreshments Provided





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THE RACKET SHACK

JUNIOR

FROM £35.00
PER DAY

BADMINTON

Camps

May 2025

May Half-Term 2025
Thursday 29th May & Friday 30th May
10.00am - 4:00pm

For more information or to register, contact
info@winchesterbadmintonacademy.co.uk
07769 214609

Westgate Badminton Centre
Cheriton Road Winchester SO22 5AZ
www.winchesterbadmintonacademy.co.uk

BADMINTON ENGLAND AFFILIATED CLUB



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THE RACKET SHACK

JUNIOR

ENTRY FEE
£17.50 PER EVENT

BADMINTON

TOURNAMENTS

Saturday 7th June 2025
&
Saturday 12th July 2025
3.30pm onwards

GIRLS AND BOYS SINGLES ONLY
U11 (born 2015 or later)
U13 (born 2013 or later)
U15 (born 2011 or later)
U17/19 (born 2007 or later)

For more information or to enter, please visit
www.winchesterbadmintonacademy.co.uk
07769 214609

Westgate Badminton Centre
Cheriton Road Winchester SO22 5AZ
www.winchesterbadmintonacademy.co.uk

BADMINTON ENGLAND AFFILIATED CLUB

Forthcoming Events for 2025

Dates for Summer Holiday Camps TBC



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HOLIDAY CAMPS

From £35 a day!

www.winchesterbadmintonacademy.co.uk

THE RACKET SHACK

BADMINTON ENGLAND AFFILIATED CLUB

Visit

www.winchesterbadmintonacademy.co.uk

For more details

Safeguarding Policy

Head coach Richard Peters has completed his formal training to become a Club Welfare Officer. If you have any questions or concerns of a safeguarding nature, please inform Richard by using the dedicated address at:

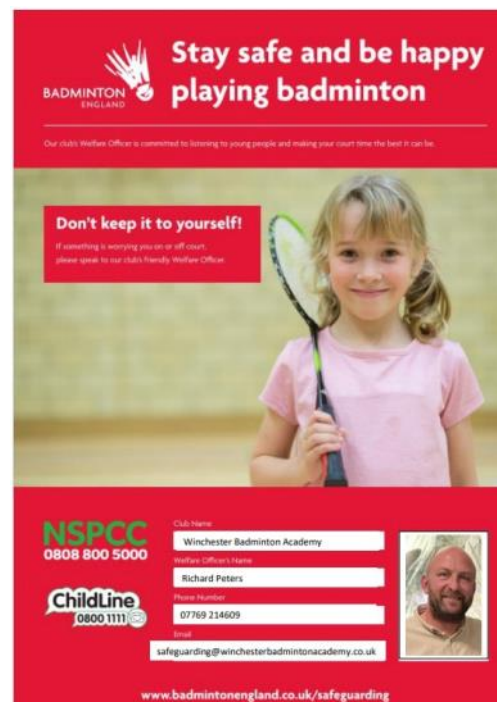
safeguarding@winchesterbadmintonacademy.co.uk

A copy of WBA's Safeguarding policy can be found on our website.

Further information can be found at:

www.badmintonengland.co.uk/safeguarding or by emailing:

safeguarding@badmintonengland.co.uk



Stay safe and be happy playing badminton

Our club's Welfare Officer is committed to listening to young people and making your court time the best it can be.

Don't keep it to yourself!
If something is worrying you on or off court, please speak to our club's Friendly Welfare Officer.

NSPCC
0800 800 5000

ChildLine
0800 1111

Club Name: Winchester Badminton Academy
Welfare Officer's Name: Richard Peters
Phone Number: 07769 214609
Email: safeguarding@winchesterbadmintonacademy.co.uk


www.badmintonengland.co.uk/safeguarding

Meet The Coaching Team

Richard Peters
Head Coach and Safeguarding Welfare Officer
Badminton England accredited Level 2 Coach and Director of Winchester Badminton Academy.



Teo Arvai-Morris
Assistant Coach
Teo has been coaching at our Winchester venue for two years and is a Badminton England accredited Level 1 coach.




Maria Mitchell
Assistant Coach
Maria is a Badminton England accredited Level 1 coach with a vast experience as a top junior badminton player.



Hailey Hui
Coaching Assistant
Hailey has been on the coaching team at our Winchester venue for over a year. A great addition to the team!



Geoff Garnett
Coaching Assistant
Geoff joined our Andover coaching team back in 2022 and is a valued member of the team.



Coaching Insight

In this section, we aim to provide some coaching tips and advice from the coaching staff. In this edition, we are focusing on what you, as a badminton player, can do to help develop your game in your own home. With a six-week Summer holiday on the horizon, that's a long time without any badminton! Try some of these activities at home and you will really feel the benefits when you return to training in September.

Strength and Conditioning

- ⇒ Use your knowledge and understanding of both dynamic and static stretching to help improve your flexibility and mobility. Just 20 minutes of stretching a day will make you more agile, and help prevent injury on court.
- ⇒ Circuit training is a great way to build your core strength. Exercises such as sit-ups, step-ups, press-ups, wall squats and the plank will make you a fitter and stronger player.
- ⇒ Help develop your endurance by doing some light jogging or cycling each day. This helps to build up a really good aerobic base and will help you get through those long matches!

Movement and Footwork

- ⇒ Think about the movement patterns you use on court. Now try and replicate them in your lounge, bedroom or garden. This will help to make your movements feel more natural and automatic, and so allow you to focus on the shot. Footwork patterns like the lunge, chasse, split-step and pivot should be practised in equal measure and building them up into different sequences will make them more fluid and efficient.
- ⇒ Whilst you practise your footwork patterns, try focusing on your grip changes as well. This will help you to 'prepare' for your shots and therefore improve your technique.

Serve

- ⇒ Make a mark on a wall using chalk or tape about 50cm long (but don't use anything that will take the paint off the wall!). The mark should be about 1.5m from the ground. Now make a second mark, this time about 15-20cm above the first mark. Now stand about 2m away from the wall. Using the low, *back-hand service technique*, get as many serves as you can between the two marks. The lower mark represents the height of a badminton net, the mark above is the maximum height your serve should be above the net to avoid getting your serve *smashed* back at you.!
- ⇒ Practise returning a low serve by asking someone to feed a shuttlecock to you at around waist-shoulder height. Lounge curtains are excellent for absorbing the impact of your shots so try hitting a shuttle into a curtain to save you running after it every time!

Overhead shots

- ⇒ Attach a plastic shuttlecock on a piece of string about 2m long. Now attach a long stick to the other end of the string to make a *fishing rod* (with the shuttlecock as the *hook*). Ask an adult to stand by your side and dangle the shuttlecock directly above your head (the higher the better). Using an overhead technique, swing your racket up to strike the shuttlecock. Tip: try striking the shuttlecock as it swings back towards you. This will help you develop the technique of hitting a moving target.

