

Teesside Badminton Performance Centre



"Understand that winning is a bi-product of personal achievement" - Peter Higman, Head Coach

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TEESSIDE PC NEWSLETTER NO 1 MARCH 2009

Welcome to the first addition of the Teesside Badminton Performance Centre Newsletter. The web site and e mails will be our principal forms of communications, I will publish newsletters to supplement our e communications. Please feel free to make suggestions on how to improve this newsletter and the PC in general by e mailing me on daveknights@hotmail.com.
Cheers Dave Knights PC Chair.

PC WEBSITE

<http://www.teessidebadmintonpc.co.uk/>

FITNESS TESTING

WEDNESDAY 1ST APRIL 6PM - 10PM~

All players need to attend, this is the session we make a base assessment of your fitness and to be used in future comparisons and help develop individual programmes.

Please make every effort to attend.

Parents and coaches are asked to attend and assist with this process. Stewart Peebles is co coordinating this event, more detail's will follow.

STOP PRESS.....PC Tracksuits may soon be available thanks to Higman sports and two new supports / sponsors. Details to follow

UPDATE ON TEESSIDE BADMINTON PERFORMANCE CENTRE

From Pete Higman Head Coach

The centre has been up & running now since the 5/1/09 .We have 3 squads

Emerging

Developing

Raw

The Emerging & Developing squads attend 2 x 2hour sessions per week ,

Emerging Mondays 8 – 10 pm & Wednesdays 8 – 10 pm

Developing Mondays 6 – 8 pm & Wednesdays 6 – 8 pm

The Monday sessions singles based

The Wednesday session doubles based

The Raw squad attend 1 x 2 hour session per week

Raw Thursdays 6 – 8 pm

Generic & specific skills based

1 session with their clubs. These sessions need to be brought in line with the sessions that are being carried out at the performance centre

The Emerging Squad has 12 players & 1 of those players travels all the way across from Cumbria twice a week . How is that for commitment. The work ethic in this squad is superb . Already the performance levels are climbing & I will have to re-jig the Developing session to keep the top end of that session in touch with the Emerging session We are one of the few performance centers to have an Emerging squad a good one at that & it's going to get a lot better!

The Developing Squad has 25 players , the attendance & commitment of those players is excellent .4 of these players attend 1 developing session & 1 raw session as we have identified development areas that are easier to work on in the Raw session , maximizing the effect on the targeted areas . There may be times in the future where I see a general area I can work on with more than 1 player , I ask players to attend Raw so that I can target that specific area more effectively. The trick is to make sure the players perceive this as a positive move & will accelerate their development Their focus on warm up , their application in practice has improved dramatically & Their performance levels ,particularly techniques are rising at a steady rate I still see mileage in having ability groups within Developing , however these will be skill based not age based

The Raw Squad has only 8 players at present . This is great for the players on Raw & considering we have players on this squad as young as 6 the work ethic is absolutely fantastic & all are able to work on their game for the full 2 hours ,we have actually delivered a session with no games & all squad members worked right to the end . A very rewarding sight , however this is the squad that fuels the other 2 squads therefore we need to greatly increase numbers here. I would be looking to increase this squad to 32 players. This does not mean we should adopt a **(IF YOU CAN HOLD A RACKET YOU ARE IN MENTALITY)** this is a recipe for disaster in a performance environment where you are trying to maximize potential.

One of the main areas for identifying talent for this squad should be trainability & below are some of the main characteristics we should be looking for.

Highly motivated to practice

Highly motivated to compete

Seeks out & responds to the coaches or anybody who gives effective feedback

Masters skills quickly

Is prepared to make errors

NOTICE I HAVE NOT PUT RACKET SKILLS IN THE LIST OR ATHLETICISM ALTHOUGH THEY WOULD BE THE ICING ON THE CAKE!!!!

REMEMBER THERE SHOULD BE A BALANCE BETWEEN FUN & LEARNING!!!!

THE POWER OF APPLICATION & PERSISTENCE!!!!

About 20 years ago I worked with a young girl , she could hardly hit the shuttle she missed more than she hit , however she came back every week & worked harder than anybody , although she made lots of mistakes. She had incredible persistence & she slowly got better. One day I asked her what her number 1 goal would be & she said ,” to play for England”

I said, “ I think you are going to be a very good player ,however I don’t think you will play for England”

I continued to work with her & 4 years later she made me eat my words & played for her country.

This young lady had

Unbelievable levels of persistence

high motivation to practice

High motivation to compete (if she lost she just worked harder)

Great listening skills she always listened to advice & asked tough questions

This experience taught me an awful lot which I will not go into here .

I have been a full time coach since 1983, I’ve worked with 1000’s of children & the ones that come through all have some of these characteristics.

Give me a player with a modicum of skill & athleticism & bags of application over a player with lots of natural ability & no application

In a group situation if one player sneaks through our talent identification procedures without some of the above listed characteristics they could potentially have a massive detrimental effect on the group dynamic.

WE MUST BE SPOT ON IN THIS AREA WHEN IDENTIFYING TALENT!!!!

WE NEED TO LOOK AT WAYS OF FUELING THE RAW SESSIONS

Festivals

Demonstration days

Junior helpers awards

Taster days in schools

etc

Once numbers increase my vision is that we have a number of sub groups in Raw this again will

Maximize development

Cater for the wide range of abilities that raw will attract if we are going to put a lot of emphasis on characteristics listed earlier in this article

“We’ve only just begun “ as the song goes & already marked improvements are in evidence. There are so many ways we can make the structure more effective , however we can’t implement everything at once.

BUILDING THE STRUCTURE

Testing

Psychological profiling

Individual training programmers

Individual tournament programmers

Goal setting

Outcome

Performance

Process

Coach education

Coach mentoring

Parent education

Sponsorship

Shuttles

Kit

Transport

These are all areas we need to target to maximize the structures effectiveness in dealing with the needs of the players

TESTING IS ALREADY IN HAND

This will allow us to plan the programmes for all the players . I have put a 26 page testing document together explaining.

Purpose of testing

When to test

Permission to test

Administration of the tests

Factors affecting tests

Preparation for testing

Types of tests

Parents will get a hard copy of this document as we will be looking for parents & coaches to administer the tests therefore we would like you to become accustomed with the tests & their procedures & maybe there might be a test that you would like to administer on the evening. This would greatly help with the accuracy of the tests & the smooth running of the evening.

Testing will hopefully take place now on the 1st of April . I would like to see all squad members attending with RAW doing a minimum amount of the tests.

With almost 50 players in performance centre & possibly more by the time of the tests & 1 or 2 adult helpers or volunteers came down we could have in excess of 150 people in the hall. This would be a wonderful opportunity for

GAINING INFO TO SET TRAINING PROGS

TEAM BUILDING

PHOTO OPPORTUNITY

PRESS

RADIO

POSSIBLE CELEBRITY SPORTS GUEST

It could be a wonderful evening if all participate

It will be a process of slowly implementing all the aspects that will ,I believe , make our performance centre the most effective in the country. I truly believe this.

I look forward to working with the players coaches , parents , administrators over the coming years to achieve this aim.

Kind regards

Pete Higman

BADMINTON ENTHUSIAST

22/2/09

PC COMMUNICATIONS FROM THE MANAGEMENT COMMITTEE.

This section is designed to give feedback on concerns or issues raised

3 MONTH PROBATION PERIOD :-

The PC squads were formed at short notice in late December early January, players were assigned to squads using the best information available at the time. There has already been some movement of players between squads. It is vital for the effectiveness of squads and development that players are aligned to the right squads. The Exec have agreed with the head coach that the first 3 months should be considered a probationary period. At the end of March 2009 the coaching team will make any adjustments to squads necessary. Any new players invited into the squad will be measured against a refined set of criteria and a trial period.

PLAYER TESTING DATE 1ST APRIL.

Put this date in your diary. More details to follow. All squad players need to be available at Thornaby 6pm—10pm for testing. 8 courts have been booked. Younger players will finish earlier.

REVIEW OF FINANCES TO CONSIDER FUNDING OF ASSISTANT COACH OR COACHES.

If possible we would like to employ one or more assistant coaches to work for the head coach. The big issue is finance. At the end of March 2009 we will conduct a budget review to ascertain if we have available finance to employ an assistant coach (s).

Should we be in position to employ an extra coach we will go through an advertising and selection procedure in a fair and equitable manner.

PC V CLUB MATCHES CLARIFICATION

Where possible we need to avoid league matches being on the same night as PC training sessions for Emerging and Developing players.

This season—League matches were in place before the PC started so we have agreed to leave the decision up to individual players until the end of the season if they go to PC training or play in a schedule match. Please let the player make their own decision with no pressure from club or PC.

Next Season—Clubs are looking to schedule matches away from Monday and Wednesday nights whenever possible.

With the message to clubs for next season is you will lose players from teams if a match clashes with a training night. There will be a little flexibility but we must put player development first.

I intend to publish a newsletter as often as I can this season.

If you have any articles or information that might be of interest please forward to

Dave Knights a paper copy or e-mail.

daveknights@hotmail.com

If you or your business would like to advertise in our next newsletter

This space is available

(for a small fee)

Or a full page for a bigger fee.

Talk to Dave Knights on 01642 481150

SINGLES ONLY GAMES
SESSION

SUNDAY 4PM—6PM

BYDALES SCHOOL
MARSKE

DATES FOR THE DIARY

28/ 29th March—Tees Valley Badminton Tournament at Thornaby pavilion.

Wed 1st April— Player fitness testing and measurement.

AND THANKS FROM THE PC GO TO :-

Billingham Synthonia badminton Club Trust Fund for the kind donation of £500.

Teesside Badminton Development Association who have awarded the PC £1000.

Advanced Vehicle Leasing who after discussions with the head coach have pledged £500 towards kit for PC players

Donation of £500 to £1000 from Higman Sports towards Performance Centre Kit. As part of there on going support to the PC.