



# Sturt Badminton Club Newsletter September 2008 Edition

Welcome to the September 08 newsletter – you will find features on;

- ◆ 2008 Junior League
- ◆ SA Open
- ◆ Schools Tournament
- ◆ October 2008 Handicap Challenge
- ◆ Etiquette
- ◆ 2008 Winter Competition Results
- ◆ New Arrivals



## JUNIOR LEAGUE TEAMS

### Autumn Season

Congratulations to both our Division 2 teams who finished 2nd and 3rd as for many of the players it was their first season of competition. Our division 1 team improved on the Spring season by finishing in the medals at 3rd.

Junior league team consisted of Div 1 Sturt Sabres (3rd) - Erik Luo, James Arthur, Daniel Reed, Alistair McCann and Jack Cooke, Div 2 Sturt Sonics (2nd) - Daniel Choo, Ricky Luo, Stephanie Au, Carissa Arthur and Stephen Yin, Div 2 Sturt Samurais (3rd) - Emerson Krstic, Andrew Yin, Zhe Lim and Kevin Yin.

Thanks to Paul and Pauline for their coaching and organising of the teams.

## *SUMMER SEASON 2008-2009*

Sturt teams for Summer 08/09 have been approved and we have three State League, two A Grade, two B Grade and two C Grade teams.  
Good Luck to all teams!

*STURT BADMINTON CLUB IS PROUDLY SPONSORED BY:*



## SA OPEN



Congratulations to all our Sturt players that achieved success in the August 2008 South Australia Badminton Open.



## SCHOOLS TOURNAMENT AUGUST 2008

Under 12		
	Players	Score
<u>Boys Singles</u>		
Winner	<b>Daniel Choo</b>	21
Runner-Up	David Lin	16
<u>Girls Singles</u>		
Winner	Kee-Yen Khoo	21
Runner-Up	Malvika Hemanth	15
<u>Doubles</u>		
Winner	Aiden Philip / <b>Daniel Choo</b>	21
Runner-Up	<b>Ricky Luo</b> / David Lin	19
<u>Mixed Doubles</u>		
Winner	<b>Daniel Choo</b> / Lee-Yen Khoo	21
Runner-Up	<b>Ricky Luo</b> / Carissa Arthur	5

**Congratulations to Daniel Choo  
Triple Winner**

## Under 14

	Players	Score
<u>Boys Singles</u>		
Winner	James Lin	21
Runner-Up	<b>James Arthur</b>	5
<u>Girls Singles</u>		
Winner	Lee-Yen Khoo	21
Runner-Up	<b>Stephanie Au</b>	6
<u>Boys Doubles</u>		
Winners	James Lin / <b>Daniel Choo</b>	21
Runners-Up	David Lin / <b>James Arthur</b>	19
<u>Girls Doubles</u>		
Winners	Lee-Yen Khoo / <b>Stephanie Au</b>	21
Runners-Up	<b>Carissa Arthur / Lexie Lynch</b>	4
<u>Mixed Doubles</u>		
Winners	James Lin / <b>Stephanie Au</b>	21
Runners-Up	<b>Daniel Choo / Lee-Yen Khoo</b>	20

## Under 17

	Players	Score
<u>Boys Singles</u>		
Winner	Zhen-Qiu Yong	21
Runner-Up	<b>Chester Celi</b>	16
<u>Girls Singles</u>		
Winner	Christabell McDonald	21
Runner-Up	Sabrina Sapian	18
<u>Boys Doubles</u>		
Winners	Zhen-Qiu Yong / <b>Daniel Choo</b>	21
Runners-Up	Ian Wong / <b>Jack Cooke</b>	8
<u>Girls Doubles</u>		
Winners	Beth Sinclair / Georgia Combe	21
Runners-Up	<b>Maddy Eichinger / Mary Chua</b>	20
<u>Mixed Doubles</u>		
Winners	Zhen-Qiu Yong / Lee-Yen Khoo	21
Runners-Up	Ian Wong / Georgia Combe	14

## Under 19

	Players	Score
<u>Boys</u>		
<u>Singles</u>		
Winner	Linh Duy Nguyen	21
Runner-Up	<b>Julien Le Claire</b>	13
<u>Girls</u>		
<u>Singles</u>		
Winner	Phemie Wong	21
Runner-Up	Georgia Combe	15
<u>Boys</u>		
<u>Doubles</u>		
Winners	Zhen-Qiu Yong/ Linh Duy Nguyen	21
Runners-Up	Ken Lam / Zhe Lim	17
<u>Girls</u>		
<u>Doubles</u>		
Winners	Phemie Wong / Georgia Combe	21
Runners-Up	Christabell McDonald / Naomi Thomas	16
<u>Mixed</u>		
<u>Doubles</u>		
Winners	Ken Lam / Georgia Combe	21
Runner-Up	Simon Packard / Phemie Wong	17

## October 2008 Handicap Challenge

Sunday 19th October 2008  
AT LOCKLEYS BADMINTON CENTRE  
42 Rutland Avenue, Lockleys SA 5034

Commencing at 11.15am and Finishing at 6.00pm

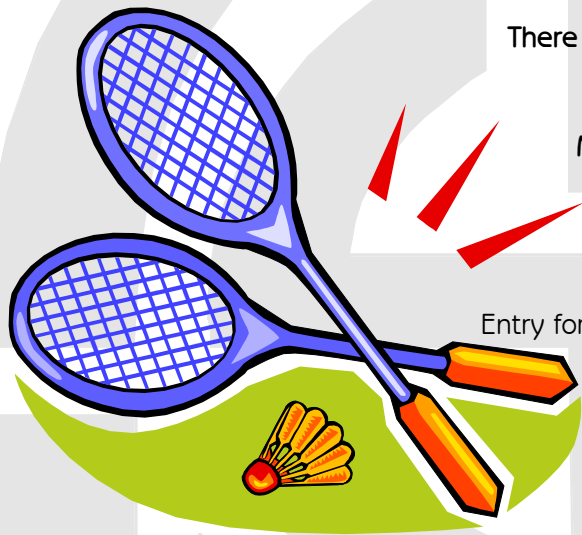
Presentation at 6.15pm

Player Information:

- 1: All players must be a member of Sturt Badminton Club to take part in this event.
- 2: If you are Under 15 as at the 31st December 2008 you pay the Junior Fee.
- 3: It is a handicapped event and the handicaps will be advised on the day.
- 4: The handicaps will be based on the current grade that you are playing.
- 5: If you are a Social Player, handicap will be determined by the committee.
- 6: Games will be to 30 Points - Rally Point System - no advantage.
- 7: The starting score will be advised when the game is announced.
- 8: You will play with different partners throughout the day randomly drawn.
- 9: The first 48 Players that enter will be guaranteed a position in the main draw.

# October 2008 Handicap Challenge

Sunday 19th October 2008  
AT LOCKLEYS BADMINTON CENTRE  
42 Rutland Avenue, Lockleys SA 5034



There will be prizes for the following:

Best Female / Male Player  
Most Points won over Handicap Female / Male  
Plus other awards on the day

Adult \$15      Junior \$10

Entry forms are available on the Sturt website and can be posted to:

*Sturt Handicap Challenge  
Unit 2 - 322 Henley Beach Rd  
UNDERDALE SA 5032 or returned to any Sturt  
Committee Member*

## Etiquette

How often do we step on court to play an opponent who is intent on being the 'warm up champion'? They are the person who tries to smash every shot for a winner while you are trying to get those muscles warm after sitting down in the freezing cold for way too long! Or what about the opponent who just lobs and dinks the shuttle back during the practice hit up with no thought process at all not enabling you to get a sufficient warm up?

So what is the purpose of the on warm up? We should be trying to prepare our bodies for the rigorous movement required for the game. This means that we should have already stretched

our muscles before we have walked on court and hopefully we have been able start increasing our heart rate by doing some light footwork, running or movement too.



Once we have made it onto the court what should we do? Keeping in mind the needs of our opponent as well, we should start off hitting the shuttle quite flat using drives and pushes to start the movement in the fingers, forearm and shoulder.

These movements should gradually get larger as your both you and your opponent's body starts to warm up more. This should then be followed up with some light overhead hitting, making sure your shoulder is well warmed up before you start to hit some harder overhead clears.

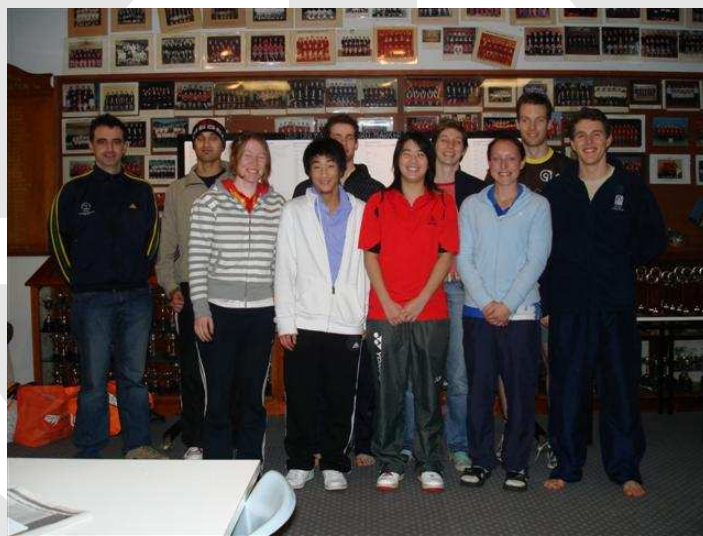
Once our racket arms are warm we should then attempt to move our opponent around the court lightly at first, forward, back and side to side. After a couple of rallies like this, the intensity of the rallies can increase to a level that replicates an actual competitive rally. Remember that the warm up is for both you and your opponent.

To finish off, players should attempt a couple of serves just to get the feel of the speed of the shuttles which can vary from night to night due to weather conditions.

Remember that the warm up is for both you and your opponent. There are no prizes for winning the hit up and it can be a costly exercise if you do not warm up properly with your opponent. Be thoughtful and courteous in the warm up and make everyone's playing experience an enjoyable one.

# 2008 Senior Team

**Congratulations to Vinnie Choo, Kate Wilson Smith, Leanne Choo and Andrew Harvey on being selected!**



## Winter Season

### Ladder after Round 21 State League

POS	TEAM	ROUNDS PLAYED	P/SHIP POINTS	GAMES FOR	POINTS FOR	GAMES AGAINST	POINTS AGAINST	%
1	PAOC Pirates	18	32	217	6480	125	5824	52.67
2	PAOC Proclaimers	18	28	218	6313	119	5833	51.98
3	Sturt Sonics	18	22	168	6218	167	6132	50.35
4	Glenelg Whales	18	14	146	5805	183	6100	48.76
5	SPOC	18	12	155	6219	190	6387	49.33
6	Sturt Sabres	18	10	155	6199	189	6417	49.14
7	Sturt S United	18	8	125	5915	211	6456	47.81

**Sturt teams were successful in making the semi final in State League and C Grade and the B Grade was successful in finishing minor premiers. They lost the B Grade Final to a very strong Adelaide University Team. Congratulations to all players who competed in the Winter Season.**

## Ladder after Round 20

### A Grade

POS	TEAM	ROUNDS PLAYED	P/SHIP POINTS	GAMES FOR	POINTS FOR	GAMES AGAINST	POINTS AGAINST	%
1	Sturt Spectres	20	26	236	7426	176	7047	51.31
2	PAOC Protagonists	20	26	227	7675	195	7399	50.92
3	Glenelg Breakers	20	24	209	7541	213	7604	49.79
4	Glenelg Marlins	20	22	231	7724	184	7288	51.45
5	PAOC Proteges	20	12	184	7496	241	8039	48.25
6	Sturt Samurais	20	10	170	7338	248	7823	48.40

## Ladder after Round 20

### B Grade

POS	TEAM	ROUNDS PLAYED	P/SHIP POINTS	GAMES FOR	POINTS FOR	GAMES AGAINST	POINTS AGAINST	%
1	Sturt Sorcerers	16	32	263	6242	89	4782	56.62
2	Ranges	16	24	241	6038	111	4781	55.81
3	AU Blackberries	16	24	209	5721	143	5290	51.96
4	Glenelg Rays	16	20	190	5647	162	5077	52.66
5	Glenelg Sharks	16	14	182	5578	170	5417	50.73
6	Sturtles	16	12	157	5515	195	5804	48.72
7	PAOC Plasma Cannons	16	12	139	4910	213	5684	46.35
8	SPOC White	16	4	127	4914	225	6010	44.98
9	SPOC Blue	16	2	76	4440	276	6160	41.89

## Ladder after Round 21

### C Grade

POS	TEAM	ROUNDS PLAYED	P/SHIP POINTS	GAMES FOR	POINTS FOR	GAMES AGAINST	POINTS AGAINST	%
1	Glenelg Mantas	18	34	277	6783	119	5523	55.12
2	PAOC Piranhas	18	22	201	6166	195	5897	51.11
3	AU Black Knights	18	20	215	6252	180	5984	51.10
4	Sturt Sapphires	18	18	204	6340	192	6013	51.32
5	Sturt Scorpions	18	16	184	5863	212	6254	48.39
6	Glenelg Dolphins	18	8	166	5913	229	6393	48.05
7	AU Obsidians	18	8	138	5399	258	6652	44.80

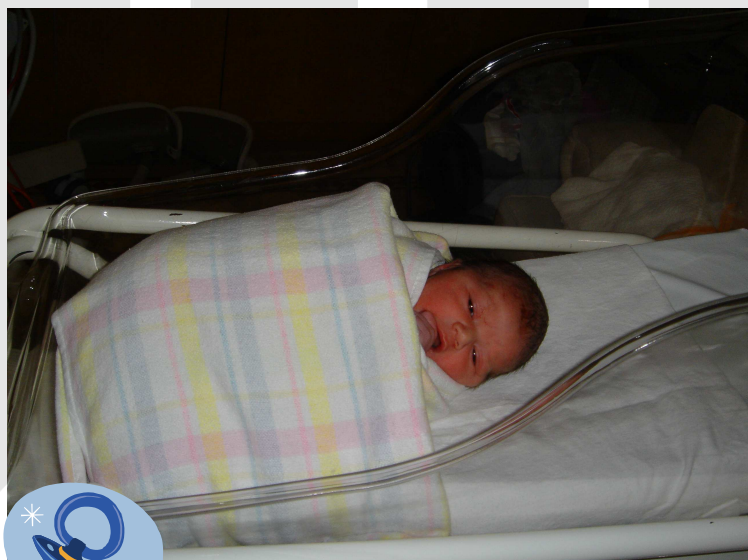
# Baby News

**18<sup>TH</sup> JUNE 2008**

**ISABELLE STRELAN**

**2.65 KGS**

**CONGRATULATIONS  
MARGOT AND KYM!**



**16<sup>TH</sup> SEPTEMBER 2008**

**ROWAN BATRA**

**3.88 KGS**

**CONGRATULATIONS  
KATHRYN AND  
RUPESH!**



**NEW STYLE STURT JACKETS AND T-SHIRTS FOR SALE**  
**PLEASE SEE A COMMITTEE MEMBER FOR STYLES AND PRICES!**

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### **Newsletter Articles**

If you have any articles you would like published or have photos you would like to see in your newsletter – especially funny ones please email:

[cargent@engineersaustralia.org.au](mailto:cargent@engineersaustralia.org.au)



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**Thank you to our wonderful supporters  
at Glenunga Gourmet Meats!**

**GLENUNGA GOURMET  
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much more!

**Phone & Fax: 8338 0813**

7/301 Glen Osmond Rd, Glenunga

The advertisement for Glenunga Gourmet Meats features a dark background with gold and white text and illustrations. At the top, the name 'GLENUNGA GOURMET MEATS' is written in a large, gold, serif font. Below this, there is an illustration of a plate with a steak, a bottle of wine, and a knife. To the left of the illustration, it says 'Open 7 days until 7pm.' and to the right, 'Gourmet Meat & much more!'. Below the illustration, the phone and fax number '8338 0813' is listed in a gold, serif font. At the bottom of the advertisement, there is an illustration of two cleavers on a plate, and the address '7/301 Glen Osmond Rd, Glenunga' is written in a white, sans-serif font.