



NZ Badminton Centre

443 East Tamaki Road Dannemora/East Tamaki

P O Box 82 387 Highland Park.

www.badmintonnz.co.nz Ph: 09 2727119

Welcome to the Junior club

Please kindly read the following details and be familiar with them so that you can make the most out of your experience at the club, learn, develop & excel in your badminton skills.

Parents: Please explain this to kids clearly & ensure that they understand fully

What to bring: A Racquet (\$2 hire if don't have), water bottle(water fountain available), towel .

What not to bring: IPODs or any musical/gaming instruments or any other expensive items.

What to wear: Club T shirt, shorts/pant/skirt and non-marking indoor shoes.

What time to arrive & go home: Generally some courts are open half an hour before the session and players are allowed to come early and hit with parents or other players. Everyone is expected to arrive at-least 5-10 minutes before the start of the session and stay until the end of the session. Ask permission at the beginning of the session in case anyone has to leave early.

What to do on arrival and during the club session:

On arrival, sign in on the computer, go to any court and warm up until the buzzer goes.

Follow the instructions on the big screen and the coach.

What to do during the club session:

Warm up game, Basic group coaching/Training, fitness program, Game play & competitions.

Approximately: 15% fitness 15% group coaching 70% game play and ranking games.

What skills are taught in the group session:

Players are allocated with similar level players in groups and taught, forehand/back hand grips, overhead shots, back hand service, lift & defence , forehand service & lift, basic footwork & scoring, rules of play.

What are the basic club rules to follow :

Assemble around the computer when the buzzer goes and follow instruction. Move to allocated courts or locations for assigned trainings or game play.

Racquet must be held still or kept somewhere safe when not playing. Swinging the racquet for fun is not allowed . The fitness program is compulsory unless you obtain permission at the beginning of the session due to injury, sickness or any other acceptable reasons. During play players must walk around the courts without stepping inside the badminton boundary lines. Hitting the curtain with racquets or playing with the curtain is not allowed. Wait for a break in between games to have a drink or go to the bathroom. Strictly no food or drinks on the courts. All shuttles must be collected & returned after each game. Everyone who wins the ranking games must record the scores clearly in the score sheet.

At the end of the session players must remain inside the building until picked up by parents.

player's performance is assessed on a weekly basis therefore during ranking games everyone is expected to play to their best ability with good sportsmanship. During the membership period members have a free Single court booking account for booking courts privately outside club hours at member's rate. Parents are able to use it for their games too. You can activate your account anytime to start booking courts.