



**Xmas Party!!**  
**Fri 21<sup>st</sup> Dec, Beales Hotel**  
**See the notice board**

**Tales from the High-Chair** by Tracy Barnard

Welcome to the summer 2007 season! And to the latest edition of the newsletter.

Well, this looks like being a season of significant change for all of us - driven both by external factors (such as the decision to move to rally points scoring by the leagues we play in), and internal ones (in response to the feedback you gave us via the questionnaires). We will be keeping you all up to date with the ideas that people have put forward as these are discussed at the committee meetings.

**So, what's new?**

- **Committee:** We have new member's reps, in the shape of **Nicola** and **Angela** (as well as **Chris**, who remains one) - please speak to them if you have any queries or suggestions to improve the club over the next season. We also have two new selectors - in **Kaz** and **Warwik** - which will ensure the group of selectors, is more representative of the overall membership.

**Scoring system:** Both the SWH and County leagues are moving to rally points scoring for matches next season - and so we will be using it for all club nights from 1 July, so that everyone is familiar with it by the time our matches start.

**Match start times:** Feedback from the County and international matches, as well as the club night where we have trialled this to date, has all indicated that the time to complete a match will be reduced as a result of the change in scoring. As highlighted at the **AGM**, we will therefore be looking to start our matches at 8pm and play until 10:30pm as a result.

**Club night picking system:** You will have seen the emails about the two new picking systems that we were looking to trial over the summer to improve the quality of games at club night. We trialled the first one (with selectors picking games) in July, the consensus was that this improved the overall quality of games, especially where one or two people were responsible for picking the games for the whole evening, but that the burden on those selecting the games is very heavy. The trial of the second system (where the County first team players have stickered pegs) has been delayed until October, after we have picked the teams for the coming year.

**Notice board:** Those who have been at club night recently will have seen the new notice board which Helen S has managed to obtain for us. This will be used as a key means for communication with all members, relevant extracts from the committee meeting minutes and all of the usual news will be posted so do take time to read.

There have been a number of other suggestions made via the questionnaires, from the shuttles used to running tournaments and social events. The committee will be going through the feedback over the coming weeks and letting you know about any changes via the notice board and email.

In the meantime, happy playing! Tracy

**The Easy Warm Up, By Nicola Hueting**

Warming up is an important part of your game & should not be saved for match nights only. A warm-up helps your body prepare itself for exercise both mentally and physically, and reduces the chance of injury.

The aim is to increase circulation around the body, in a gradual manner, as not to put any pressure onto the body. Your warm up should commence off court with some gentle cardio-vascular work i.e. jogging (forwards, backwards & sideways). This should then be followed by some stretches of all major muscle groups involved, before you walk on court. Aim for a minimum of 5 minutes for a warm-up and the same for stretching.

A few tips when knocking up on court:

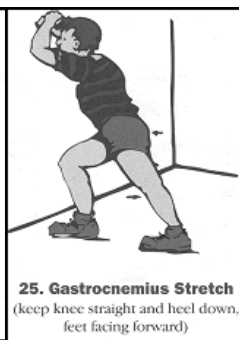
1. **Don't** hit the shuttle as hard as you can when clearing, so it goes out of the back of the court.
2. **Do** start slowly, practising gentle overhead clears.
3. **Don't** try to beat the opposition - save this for the game.
4. **Do** use routines to help i.e. clear, drop, net shot, lift.
5. Practise all your shots.

**Top Stretches,Below**



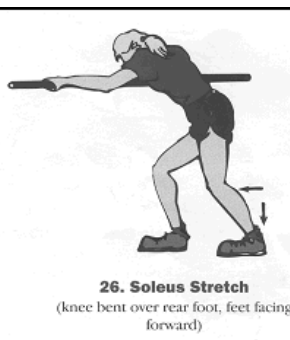
**4. Triceps Stretch**

(pull elbow across and down)



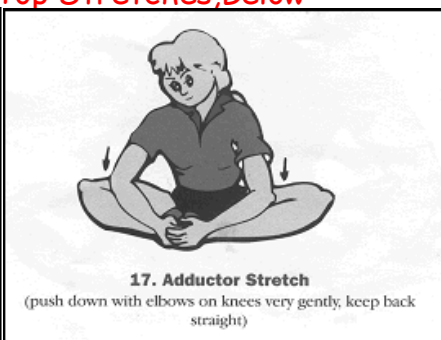
**25. Gastrocnemius Stretch**

(keep knee straight and heel down, feet facing forward)



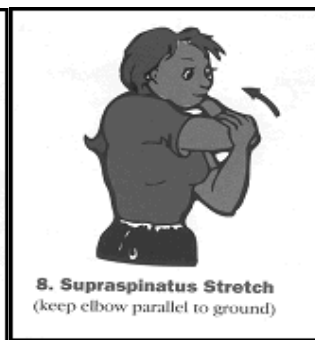
**26. Soleus Stretch**

(knee bent over rear foot, feet facing forward)



**17. Adductor Stretch**

(push down with elbows on knees very gently; keep back straight)



**8. Supraspinatus Stretch**

(keep elbow parallel to ground)

## The Player Profile

The Player: **Angela Law**

Membership: 1 year in senior club but played in the junior club for 4 years before that ( I think it was 4 .... )

Occupation: still at school but also work at gosling sports park

Favorite style of game: mixed - I don't have to run as much!  
Annoying Habit: I think I laugh too much on court and have very bad concentration!

Your strengths: Net shots when I concentrate!

Your Weaknesses: Everything else!!!

Fav person to partner: Ian - I think we are yet to lose together, and playing with me that is some feat!

Fav opponent: I like playing against Helen in mixed because she is so much better than me I think it makes me concentrate more.

Last thing bought on eBay: I've only ever bought 1 thing off eBay and it was my pink Ipod/

Funniest Moment on court: I was playing mixed with Raj and he was serving and somehow he managed to hit me in the back of the head with his serve! I don't think any of us had ever seen that happen from a serve before and it had me quite worried every time he went to serve through the rest of the match!

How long have you been playing? About 5 years, in comets the whole time - 4 years in the junior club and 1 in the senior so far !

Interesting fact about you outside of badminton? I play a lot of netball as well as badminton and am a qualified netball umpire. I also don't eat chocolate or crisps which I've been told is quite weird anyway! Oh also I have double jointed elbows.



## And the Winner is.....

### Straight Tournaments

Men's Singles **Greg**

Runner Up: Micheal SS Jr

Ladies Singles **Ronel**

Runner Up: Angela

Men's Doubles **Dave + Hannes**

Runner Up: Carl + Nick

Mixed doubles **Nick + Romana**

Runner Up: Dave + Helen

Ladies Doubles not played yet due to injuries

### Handicap Tournament Results

Men's Singles **Oliver**

Runner Up: Michael Jr

Ladies Singles **Helen**

Runner Up: Romana

Men's Doubles **Oleg + Richard**

Runner Up: Bob + Raj

Ladies Doubles **Jette + Tracy**

Runner Up: Helen + Kate

Mixed Doubles **Jette + Richard P**

Runner Up: Angela + Chris G

### Most improved Players

Well done guys you been noticed this year!

Men **Tim**

Ladies **Rhian**



## Shuttlecocks, by Dave Spring

Shuttles are a never ending source of discussion at club nights, matches and committee meetings. The committee always tries to choose the right shuttles for the club, bearing in mind speed, quality, durability, and that major issue cost!

We have to use the speed that is right for our hall, at the time we play. In the morning, before the hall has heated up as a result of heating / outside temperature, it could be that a faster shuttle is required than in the evening when our club nights and matches are played, possibly with the exception of during the winter if the outside temperature affects the hall.

The quality of the Yonex shuttles we use at the moment seems to be fairly consistent, and match the conditions of our hall, however will do trial different brands and speeds from time to time to make sure we are using the correct and most cost effective shuttles.

Should you happen to know of a brand that you think we should try or you have some comments on the shuttles we use on either club night or during matches, please come and speak with either me or Jon.

## Gossip column-just to prove we do have a life off-court

Mette Eriksen (with husband Stephen) is currently cycling across the US as the first leg in their 6 month world tour. They left on the 16 April, returning on the 27th October. The first 2 months of the trip involve cycling across the US from East to West coast. They are travelling light - those who were involved in the 'wash one, wear one' debate at Rob and Nic's wedding may be interested to know they have abandoned this particular policy on the basis that their bags were still too heavy..... and so Gilly has already received a clothes parcel! You can follow their progress, via their blog <http://www.dogsinmyspokes.blogspot.com>, which already contains a few interesting stories!

- Helen Bartram - has become a Mum, giving birth to baby Lucy in early April. For those wanting to get in touch, Gill Bartlett has her contact details.

- Rob Hueting & Nicola Harrision married on the 14<sup>th</sup> April 2007, their special day was followed by a fantastic 3 week honeymoon in New Zealand (Rob's Homeland)



- And finally there was the engagement of our chair-lady Tracy Barnard to Howard Hawkins.

## **New** Social Events

Check out our new notice board to discover what's being planned and organised. The xmas party, has now been provisionally booked for 30 places on Friday 21<sup>st</sup> December at the Beales Hotel, Hatfield. So get your name down early to avoid disappointment.

### **The Development club update,**

As those of you who have been down on Sundays will have seen, the development sessions are running again over the summer - with over 20 people having signed up for the full period of 9 weeks from 3 June to 29th July. It looks like word is getting round! We sent out a feedback questionnaire at the end of last season, and the



### **The Player Profile!!!!**

How much do you know about you fellow players?  
Are you prepared to enter the hot seat?



The Player: **Robert Cumming**  
Membership: **Definitely winter0**  
**Considering summer as I'm, always down!**  
Occupation: **IT contractor, soon to be retraining as an Electrician**  
Favorite style of game: **Doubles, though would like to play more singles**  
Annoying Habit: **shaking my feet to 'energize' myself while waiting for partner to serve**  
Your strengths: **General all round player**  
Your Weaknesses: **Unforced errors!**  
Fav opponent: **anybody better than me**  
Last thing bought on eBay: **fancy dress outfit for a middle east oil baron**  
How long have you been playing? **about 15 years**  
Interesting fact about you outside of badminton?  
**Been traveling to South East Asia and Australia and now have the bug!**

responses received were really positive with all of the attendees rating the sessions either good or excellent (well done to both **Kelly** and **Steve** for doing such an excellent job!) - And nearly all of them saying they wanted to continue playing over the summer.

Other points that people raised were, wanting to move the club away from a turn up and play approach to something more akin to a membership scheme and also looking to get more opportunities for competitive play as well as to mix in more with the senior club. We have even had offers from some of the members to assist with running the sessions, which is most appreciated!

Given the amount of interest in the club and the variety in playing standard, we are going to expand the number of courts used in the new season to 4. The additional courts would enable the coaches to divide up the attendees into groups according to ability, with some having more intensive coaching on shots and movement, and others focussing more on playing games - with more work on tactics. This will allow the better players to more easily interact with the main club, and allow us to enter two medley teams into the Hertford League to enable the players to gain experience of competitive matches.

This has taken quite a lot of time over the summer to put in place. We did have some rather drawn out negotiations with HSV to try to obtain Hall 3 from September 2007 onwards, so that the development section permanently had 4-5 courts to play on without impinging on the senior club court allocation. However, we were not successful with this as HSV has now taken on a basketball booking for this time.

Following that, we met with the junior club representatives to discuss the best solution for all of the Comets clubs moving forwards. Happily, we have now arrived at a solution for all. The junior club has allowed the development club to take all 4 courts in hall 2 from 7-9pm for the coming season, so we will be able to run the club as we had hoped. The junior club are also expanding - introducing an additional club time of 6-7pm on Tuesdays in Hall 1, which we helped them to obtain in return! We will be working out a membership structure for the development club players so they can join on a term by term basis - and join the senior club when they are ready. We expect this new set up to enable more interaction between the development section and the senior club - at club nights and on a more social level.

In order to ensure we have sufficient courts for the senior club at the start of the new season, the senior club will take 5 courts during September - falling back to 4 when the matches start and attendance levels tend to reduce. If anyone has any suggestions or further thoughts, please speak to Tracy or Rob.



# Another great season for Comets teams! Winning 5 leagues



Place	County Mens 1	P	W	D	L	F	A	Diff
1	Northwood Herts Mens 1	9	7	0	2	66	15	51
2	Sunnyside Mens 1	10	8	0	2	52	38	14
3	Comets Herts Mens 1	9	5	0	4	41	40	1
4	Ware Mens 1	10	4	0	6	45	45	0
5	Hawks Mens 1	10	5	0	5	44	46	-2
6	Cobra Mens 1	10	0	0	10	13	77	-64

Place	County Mens 3	P	W	D	L	F	A	Diff
1	Comets Herts Mens 2	8	7	0	1	52	20	32
2	Wizard Herts Mens 1	8	6	0	2	44	28	16
3	Ware Mens 2	8	4	0	4	34	38	-4
4	Comets Herts Mens 3	8	2	0	6	30	42	-12
5	Feathers Templars Mens 1	8	1	0	7	20	52	-32

Place	County Ladies 1	P	W	D	L	F	A	Diff
1	Comets Herts Ladies 1	6	4	1	1	27	9	18
2	Cobra Ladies 1	6	4	1	1	25	11	14
3	Redbridge Sports CTR Ladies 1	6	2	2	2	20	16	4
4	Feathers Templars Ladies 1	6	0	0	6	0	36	-36

Place	County Mixed 1	P	W	D	L	F	A	Diff
1	Comets Herts Mixed 1	12	11	0	1	82	26	56
2	Ware Mixed 1	12	9	0	3	71	37	34
3	Hawks (Borehamwood) Mixed 1	12	8	0	4	69	39	30
4	Cobra Mixed 1	12	8	0	4	61	47	14
5	Comets Herts Mixed 2	12	4	0	8	55	53	2
6	Hertford Herts Mixed 1	12	1	0	11	20	88	-68
7	Redbridge Sports CTR Mixed 1	12	1	0	11	20	88	-68

Place	County Mixed 2	P	W	D	L	F	A	Diff
1	Feathers Templars Mixed 1	12	10	0	2	70	38	32
2	Ware Mixed 2	12	8	0	4	66	42	24
3	Stanstead Abbots Mixed 1	12	8	0	4	57	51	6
4	Boomerang Fly. Feathers Mixed 1	12	6	0	6	53	55	-2
5	Comets Herts Mixed 3	12	5	0	7	51	57	-6
6	Epping Mixed 1	12	4	0	8	50	58	-8
7	Wizard Herts Mixed 1	12	1	0	11	31	77	-46

Another successful season for the Comets County teams, **Mens1** were sweating in the last couple of games, but managed a solid 3<sup>rd</sup> place. **Mens2** won the 3<sup>rd</sup> div and will have there rightful place in the 2<sup>nd</sup> div next year. **Mens3** settled towards the end of the season and I'm sure they will put up a formidable challenge next season. The **ladies** cruised to another victory with Cobra hot on there tails this year. **Mixed2** team did there best to stop **Mixed1** from winning! (And secured there place in the top league) However there strength was too great and the league was theirs for another year, well done guys, though I heard a rumour that Nick + Romana lost a game? (Can't be true!) The 3<sup>rd</sup> Mixed team made steady progress this year and we expect to see them top of their table next season!

The success continued in the South West Herts Independent Badminton League, **Mixed1** and **Mens1** both won their league, (Good effort guys, those away venues can be tricky). **Mixed2** and **Ladies2** both came 2<sup>nd</sup> a very good effort by all. The **Mens2** finished in 6<sup>th</sup> however I'm sure there be motivated to challenge **Mens1** next season for a place at the top.

Place	SWH Mixed Div 1	P	W	D	L	F	A	Place	SWH Ladies 6 Div 2	P	W	D	L	F	A
1	Comets 1	10	8	0	2	-	-	1	Hawks	8	8	0	0	-	-
2	Bushy Barons	10	7	0	3	-	-	2	Comets	8	4	0	4	-	-
3	Gadebridge 1	10	6	0	4	-	-	3	Gadebridge	8	3	0	5	36	-
4	Harpenden	10	5	0	5	-	-	4	Harpenden Racq.	8	3	0	5	28	-
5	Owl	10	4	0	6	-	-	5	Warners End	8	2	0	6	-	-
5	Hawks	10	0	0	10	-	-	Place	SWH Mens 6 Div 1	P	W	D	L	F	A
1	Bushy Eagles	8	7	0	1	-	-	1	Comets 1	10	9	0	2	67	23
2	Comets 2	8	5	1	3	-	-	2	Harpendenrons	10	8	0	2	60	30
3	Lockers Park	8	4	0	4	-	-	3	Gadebridge 1	10	6	0	4	51	39
4	Harpenden Racq.	8	2	0	6	35	37	4	Little Bushy	10	3	0	7	36	54
5	Hastoe	8	2	0	6	24	48	5	Owl	10	3	0	7	31	59
								6	Comets 2	10	1	0	9	23	67

Coming in the next edition

- 2007/8 Team selection
- Club History continues

Comets T Shirt sales rocket – Topshop to buy 10 million!

Scandal in the cupboard! Who was involved..... probably Helen & Kate!