

NEWSLETTER

Apr 2020



WELCOME

Firstly, we would like to wish all our players & their families the very best during this extremely challenging time for all.

Welcome to our 3rd issue of our Newsletter this season.



Highlights

- Festival of Tournaments
- Honour Roles
- InterCounty Champs
- Leinster Teams
- National Titles
- National Teams
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2019/20 Season Highlights

Welcome to Issue 3 of the Leinster Youth Badminton Newsletter for the 2019/20 Season. As you will read, our young players have been having an outstanding season. Our Festival of Tournaments has proven to be extremely popular, as has our Intercounty competition. We have seen our Leinster Squad players become National Champions across all ages and disciplines. And we have taken tremendous pride in our squad players making Leinster Teams and Irish National Teams.

Then Everything Stopped!

We have found ourselves in the middle of a Global Pandemic where priorities have suddenly changed, daily routines have been interrupted and for the timebeing, badminton needs to take a back seat. For now, we all need to stay home and stay safe. In the near future, we will all see our fellow team mates & rivals on court again and continue where we left off.

Yours in Sport, Liza O'Rourke

Open Tournament Results

Our players continued to have excellent results in the New Year. The Gold & Silver medals have been flying back to Leinster thanks to the following players:

Dylan, Eoghan, Fionn, Senan, Sean Patrick, Vincent, Siofra, Michelle, Chloe, Sophia, Orla, Neasa, Anastasiya.

Triple Gold

Dylan Noble – U15 Leinster Open

Results Abroad

Every season, some of our players play in the Gold & Gold Star Events in England. Congratulations!

Nicole Joy – U13 GS Gold Star & GD Gold, Milton Keynes

More of our players had been planning further competition abroad, but these have been cancelled.

Festival of Tournaments



The Festival of Tournaments continued in January with the [WestsideFest](#) in Kilcullen. Well done to the Kildare Badminton Association for running an incredible event with over 170 players from 31 clubs!

The [Yonex Juvenile FebruaryFest](#) was up next and it was great to continue to see the improvement in our regular competitors and to also meet new players competing for the first time. We had players from 20 different clubs, with a number of kids playing their 1st tournament.

Our Festival of Tournaments has gone from strength to strength. We are proud to say that we had over 430 players competing from 42 different clubs from around the province.

A total of 21 clubs had players who won Gold medals

and we have been keeping count over the course of the season. In third place, with 10 Gold medals is *Mullinavat*. Second place, with 14 Gold medals goes to *Dunboyne*. First place, with 18 Gold medals goes to *Whitehall Road JBC*.

We have also been counting the participation rates from the clubs. We were delighted to see new clubs send players up in the second half of the season. However, at the end of the Festival, *Dunboyne* was in third place, *Naas* was in second place. The club with highest participation rates across the Festival was *Whitehall Road JBC*.

Well done to all the Coaches, Parents, Volunteers and Players at all of our Clubs.



ROLE OF HONOUR



FESTIVAL GOLD MEDAL WINNERS

Ellen Berney – Baltinglass

Aiden Biju Joy – Olypmia BC

Julia Carr McCrea – Boyne

Serena Chen – Dunboyne

Cian Cobbe – Portarlinton Parochial

Robert Cowman – WHJBC

Rachel Davis – Terenure College

Seana Davis – Mullinavat

Satvik Desai – Lucan

Sarthak Desai - Lucan

Eoin Evans – Naas

Hayley Gallagher – Waterford

Mishaline Gopi – ABC

Neha Ann Joseph – KADCA

Dylan Keane – KADCA

Ceira Kennedy – Smashers Coleraine

Peter Kosutic – WHJBC

Catriona McCann – Skerries

Abby Lewis – Naas

Amy Lewis – Naas

Aaryan Mahesh – Dunboyne

Grace McDonald – Ballinabranna

Jack McIvor – Naas

Conor McKeown – WHJBC

Holly Malone – Carlow LTC

Katie Moore – Carlow LTC



Jack Nolan – Myshall/Drumpeha

Tom Nuzum – Naas

Finn O'Connor – WHJBC

Sean O'Malley - Mullinavat

Tomas O'Malley - Mullinavat

Lochlann O'Rourke – Terenure College

Finnian O'Rourke – Terenure College

Jack O'Shea – Tullahought

Patrick O'Sullivan – WHJBC

Aoife Pakenham-Barry – WHJBC

Amira Pender – Baltinglass

Conor Power – Baltinglass

Jack Power – Baltinglass

Rigertas Rutkauskas – Carlow Cavaliers

Yuna Luque Sakka – KADCA

Dev Santhosh – Lucan

Smrithi Santhosh – Lucan

Alana Savio – Lucan

Hannah Shochan – WHJBC

Alanah Sunil – Lucan

Pranav Vasudeva – WHJBC

Rathi Viswanathan – Dunboyne

Shravan Viswanathan – Dunboyne

Swathi Viswanathan – Dunboyne

Maya Sosa Villоторo – Kildare CMWS

Clíodhna Walsh – Mullinavat





ROLE OF HONOUR



PROVINCIAL OPEN MEDAL WINNERS



Anastasiya Bogoslovskaya – KADCA

Eoghan Cooney – Baltinglass

Robert Cowman – WHJBC

Cillian Dowling – Dunboyne

Fionn Dowling – Dunboyne

David Downey – Carlow Cavaliers

Kevin Downey – Carlow Cavaliers

Levina D'Silva – Terenure College

Eoin Evans – Naas

Kerry Fallon – Naas

Kim Feehily – BI Academy

Neasa Flynn – South Dublin BC

Orla Flynn – Mount Pleasant

Siofra Flynn – South Dublin BC

Robbie Frost – Terenure College

Hayley Gallagher – Waterford

Adhithyan Gopinath – Lucan

Ananya Gopinath – Lucan

Scott Guildea – Stamullen

Andrew Hassett – Mount Pleasant

Carol Joy – WHJBC

Nicole Joy – WHJBC



Saumya Kothiyal – Terenure College

Sean Patrick Laureta – PBAI

Ben Lawlor – South Dublin BC

Peter McDonald – Thomastown

Chloe McGrane – Baltinglass

Lorcan McGrane – Baltinglass

Megan McLoughlin – Naas

Nessa Mooney – WHJBC

Aishlinn Murtagh – Kildare CMWS

Dylan Noble – Mount Pleasant

Sophia Noble – Mount Pleasant

Julia O'Reilly – Phoenix

Lochlann O'Rourke – Terenure College

Senan O'Rourke – Terenure College

Amira Pender – Baltinglass

Zarah Pender – Baltinglass

Vincent Pontanosa – Mount Pleasant

Hannah Shochan – WHJBC

Michelle Shochan – WHJBC

Sabrina Steinberga – KADCA

Leonie Ward – Mount Pleasant



INTERCOUNTY LEINSTER CHAMPS



U11 DUBLIN

U13 DUBLIN

The **U11 Intercounty** competition took place Feb 2nd in Terenure Badminton Centre. We set a new record with 5 U11 County Teams, and it was a pleasure to see so many 8 & 9 year olds representing Dublin, Kildare & Kilkenny.

1st – *Dublin 1*; 2nd – *Kildare*; 3rd – *Dublin 2*

The **U13 Intercounty** competition was held in Baldoyle Badminton Centre on 1st March. Results were as follows:

Division One: 1st – *Dublin 1*; 2nd – *Dublin 2*; 3rd – *Kilkenny 1*

Division Two: 1st – *Kildare 1*; 2nd – *Carlow*; 3rd – *Meath*

Division Three: 1st – *Offaly 1*; 2nd – *Kilkenny 2*; 3rd – *Dublin 3*;

Division Four: 1st – *Kildare 2*; 2nd – *Kilkenny 3*; 3rd – *Louth*

Unfortunately, the U15 Intercounty competition has had to be deferred, as have the All-Ireland Finals. At the time of writing, this event will be rescheduled if possible, with a cut-off date of July 19th 2020.

InterCounty Dates for your Diary

TBC	Leinster U15 InterCounty
TBC	All-Ireland InterCounty Finals



Leinster Team Competitions

Gold at U13 Celtic Challenge

Congratulations to the U13 Leinster Team that won Gold at the Celtic Challenge in Lisburn, 8 – 9th Feb. This team had a phenomenal competition beating Wales 12-3, Alpha 14-1 & Lothian 15-0. Many thanks to everyone at Alpha for hosting a great event. Congratulations to Team Manager, Kirsty Kelly and Coaches, Kate Frost, Jack Lawlor & Sam McKay. Most importantly, congratulations to our players: *Siofra Flynn, Senan O'Rourke, Michelle Shochan, Fionn Dowling, Nicole Joy, Aman Kothiyal, Chloe McGrane, Darragh Murtagh, Orlaith Evans, Pranav Erukattil, Ciara O'Shea, Praneel Reddy Vallapureddy*



U15 Celtic Challenge

The U15 Celtic Challenge was due to take place in Edinburgh 28-29th March. However, this event needed to be deferred until a later date due to the Coronavirus outbreak. Congratulations to the following players for making the team: *Eva Bogoslovskaya, Jack Bridgeman, Neasa Flynn, Eoghan Cooney, Siofra Flynn, Alan Doyle, Eva Hassett, James Fleming, Saumya Kothiyal, Robbie Frost, Aishlinn Murtagh, Dylan Noble*

The U18 Inter County Tournament in Nottingham has been deferred

All-Ireland InterProvincial Competition is deferred, and may be rescheduled by July 19th



IRISH NATIONAL CHAMPIONS



Congratulations to our Leinster Players who have won the following National Titles:

Sophia Noble – U19 GS

Orla Flynn – U19 GD

Sophia Noble – U17 GS, U17 GD, U17 XD

Siofra Flynn – U15 GS, U15 GD

Eoghan Cooney – U15 BD

Nicole Joy – U13 GS, U13 GD, U13 XD

Sean Patrick Laureta – U19 BD

Neasa Flynn – U19 GD

Vincent Pontanosa – U17 BD

Dylan Noble – U15 BS, U15 BD

Andrew Hassett – U13 BD, U13 XD

Zarah Pender – U13 GD



Congratulations to our Leinster players who won Silver Medals at this year's Nationals.

Sean Patrick Laureta – U19 BS, U19 XD

Orla Flynn – U19 GS, U19 XD

Scott Guilda – U17 BD, U17 XD

Michelle Shochan – U17 GS

Neasa Flynn – U17 GD

Senan O'Rourke – U15 BD

Siofra Flynn – U15 XD

Zarah Pender – U13 GS

Adhithyan Gopinath – U13 BD

Sophia Noble – U19 GD

Sabrina Steinberga – U19 GD

Vincent Pontanosa – U17 BS

Siofra Flynn – U17 GD

Ben Lawlor – U17 BD

Fionn Dowling – U15 BD

Eoghan Cooney – U15 XD

Andrew Hassett – U13 BS

Robert Cowman – U13 BD



Irish National Teams 2020



Congratulations to all players who have been selected on Irish National Teams this season, and especially to the following players from Leinster:

U13 Irish Team: Nicole Joy, Zarah Pender, Andrew Hassett, Adhithyan Gopinath, Jack Power

U15 Irish Team: Siofra Flynn, Michelle Shochan, Nicole Joy, Dylan Noble, Eoghan Cooney, Senan O'Rourke

U17 Irish Team: Sophia Noble, Neasa Flynn, Siofra Flynn, Scott Guilda, Vincent Pontanosa, Ben Lawlor

Coach's Corner

Some 'Reactive' Badminton Training at Home

Craig McCourtney, Sport Ireland Coach Developer & BWF Level 2 Coach

During times like these players can't do any on-court training and it's important that players are keeping/following some physical activity to help sustain their off-court development, as well as their physical and mental wellbeing. There are no excuses when it comes to not doing some home training, but what is key is making a plan that works for you and trying to stick to it.

This short piece will outline some study done behind 'Reactive Training' and how you could try and do some of this at home. What is reactive strength? It is defined by Young et al (2015), as being the ability to absorb force in one direction and then apply more force in the opposite direction. This is something which we can work on at home and is massively important in badminton movement.

There are several basic exercises that you can do to improve this such as: single leg jumps, squat jumps, vertical rebound jumps, countermovement jumps. Much of the training is based around force and ground contact time. You can find lots of information online about doing these with and without adding weight. Making sure you are making short quick contacts with the ground is important, like when practicing fast feet exercises.

Many of these exercises can be done with little or no equipment and just using your own body weight. Just a quick example on the YouTube link below of some very simple things you can do with no resources/equipment.

<https://www.youtube.com/watch?v=BxHY39Th0LI>

For more specific sources on movement in badminton check the [Teicnic Badminton Programme](#) or the link below.

<http://badmintonandy.com/6-ways-to-improve-your-badminton-movement/>

Reference

Young, W.B., Miller, I.R. and Talpey, S.W., 2015. Physical Qualities Predict Change-of-Direction Speed but Not Defensive Agility in Australian Rules Football. *The Journal of Strength & Conditioning Research*, 29(1)