



FastStep Academy

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REPORTS

New Tuesday club

We've got a new night starting 13th Sept from 6-8pm at Central Sussex College, Haywards Heath for teenage players looking for a sparring session. Players should be of a good (ideally county) standard. A coach will be on hand with advice. Get in touch if you're interested. We'll have our Stars coached session running the other side of the curtain!

Sussex Champs

Sussex Junior Badminton Championships take place on 24th & 25th Sept at the University of Brighton. We'd encourage all our Stars and Elite players to consider entering for some fun and experience. Closing date 21st Sept. Please find the entry form on our website as well as details of other local tournaments.

Term start dates

- Stars Haywards Heath - Tuesday 13th Sept
- Elite - Thursday 15th Sept
- Smashers Haywards Heath - Friday 16th Sept
- Stars/Smashers Crawley - Sunday 18th Sept



Welcome to the new season

After a summer of sport and sunshine, we're ready to welcome back all our players to FastStep Badminton Academy.

Hopefully most of you caught some of the Olympic badminton and saw what an exciting sport it is when played at the top level. Let's see if we can produce our own Olympians!

After kicking off with our summer camp (pictured above) several of our players have started training with Sussex County and others are looking ahead to their first tournaments of the season. Good luck guys!

We welcome many new players to the academy this season, both young beginners and older experienced players. We hope you settle in quickly and enjoy the team spirit and excellent badminton we offer.

For those of you looking to compete this year there will be lots of opportunities, ranging from the Sussex Championships to the Mid Sussex Junior tournament and the Eastbourne Junior tournament. Keep an eye on our website for

Come to see Olympic stars in action

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Join us as we head to Surrey Sports Park, Guildford on 17th October to watch Surrey Smashers in the National Badminton League.

Captained by Olympic Bronze medallist Chris Langridge and starring fellow GB Olympian Gabby Adcock, Smashers take on Loughborough Lightning in their first home match of the season.

We'll be getting group rate tickets, £5 for children, £8 for adults. You can either drive yourself or there will be some spaces available for lifts. Play starts at 7.30pm and you'll get home after 11pm.

If you're interested in coming along, please email andrewcraig@gmail.com to book your place.

Sussex Senior Restricted 2016

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For our players aged 16+ you should consider entering the Sussex Restricted Badminton Championships which take place on 1st and 2nd October 2016. Details from sussexbadminton.co.uk

tournament dates and ask your coach if you're unsure about the standard.

We also plan to run more matches with other clubs this season, giving more of our players the opportunity to try competitive badminton in a friendly environment.



Stars moves to Tuesdays

Our Friday evening Stars group in Haywards Heath moves this term to a Tuesday 6pm-8pm at Central Sussex College, Haywards Heath. Yes parents, you get Friday night back!

Year 9 matches

We're hoping the Mid Sussex Junior Badminton league will run this year. We want to have a year 9 (and below) team, so watch this space. We also plan some friendly matches.

Senior club fixtures

We'll be putting out our strongest team against local senior clubs this season. First match is 27th Sept vs Hassocks BC at K2 Crawley, 8pm start. If you know a club that would like to play us, get in touch.

Year 10 and above matches

We are organising a series of friendly quad matches with a few other clubs in the Crawley area. It will be aimed at players just below county level. There are a few clubs interested already and looking at appropriate and affordable venues around the area. Get in touch with Zeyar to show interest or for more info.

Spread the word!
Forward this to a friend



FastStep Academy

Junior badminton coaching in Haywards Heath and Crawley

Smashers

Beginners/Improvers

- For new players with a desire to learn and play badminton
- Best suited to ages 6-13
- Sessions in Haywards Heath on Fridays 5pm-6pm
- Sessions in Crawley on Sundays 9am-10am

Stars

Intermediate

- For intermediate players looking to improve and start competing
- Suitable for ages 10-16
- Sessions in Haywards Heath on Tuesdays 6pm-8pm
- Sessions in Crawley on Sundays 10am-12pm

Elite

Advanced

- Our top group for players competing at county/national level
- Suitable for age 14 upwards
- Sessions in Haywards Heath on Thursdays 7pm-9pm

To join, get in touch via our website www.faststepbadminton.co.uk

Strings and things

If you need a new racket, pair of badminton shoes or a broken string repaired, talk to Zeyar or Andrew first, you might be able to save yourself some money.

BE tournaments

Badminton England hosts a huge number of tournaments around England for players of all standards. If you're interested in playing outside Sussex and experiencing the adventure of a BE tournament, check the dates and enter online at be.tournamentsoftware.com.

Individual coaching

Zeyar has limited availability for individual coaching sessions. If you're interested, please talk to him directly.

BREAKING NEWS

Even more news... Later this Autumn we're going to be running our first ever junior badminton tournament. We'll send you more details shortly, but keep an eye out for updates on our website and Facebook pages. We're hoping all our eligible players and parents will support this exciting event!

Badminton in schools

As part of the Crawley Badminton Network supported by Badminton England, FastStep head coach Zeyar Win is spearheading the efforts to bring badminton development into Primary schools in Crawley and surrounding areas.

The sessions last school year were very well received and we are now looking for appropriate individuals with enthusiasm and drive to get qualified (where appropriate) and increase badminton participation at primary school level.

We would also like to see this project extend into the Haywards Heath area.

We are looking for adults to run these sessions in both the Crawley and Haywards Heath area. There is funding available for you if you are the right person.

This individual will have time during school hours or be able to run after school clubs. They should get on well with children and know how to manage a group of youngsters. Training will be given.

If you want to be a part of this brilliant project, get in touch with Zeyar at zeyar@faststepbadminton.co.uk.

Can you help us?

We run FastStep as a non-profit organisation, which means we rely on volunteers to help with all aspects of the club. This keeps our prices down so that we can let more children experience and enjoy badminton.

If you think you could help us in any way, from arranging matches or checking the accounts to finding sponsors and funding, we'd love to hear from you. Get in touch andrew@faststepbadminton.co.uk, 07590080998, or zeyar@faststepbadminton.co.uk.

