



NEWSLETTER - AUGUST 2025

Head Coaches Corner

by Amanda Austin (amandaaustin@btinternet.com)

A special welcome to all of our new members and their families. This will be the first time that we have been able to play over the whole of the summer holidays which is really exciting for us.

I hope that you all enjoy the school holidays and that you will still come along to badminton during this period if you aren't away.



We are so pleased with our move to Royal Liberty and all the extra badminton we have been able to offer at our new venue. As I have previously explained last year we had set all of our prices before the move so we knew this year we would run at a loss so at our recent AGM it was agreed that we needed to put our fees up to enable us to cover the costs of all of our sessions. Hall hire, coaching and shuttles have all gone up so here is a list of our prices that will come into affect from 1st September 2025. We are still trying to keep our fees to the absolute minimum by just covering costs.

Monday and Wednesday primary sessions £35

Secondary sessions (1.5 hours) £38

Secondary sessions (2 hours) £40

Monday adult £29

Tuesday adult £31

Thursday adult £30

There will still be the membership/affiliation fee of £10 junior/ £20 adult which is due on the first September or on joining.

If you have any comments about this then please get in touch
amandaaustin@btinternet.com or eaglesbctreasurer@gmail.com.

When we originally moved to Royal Liberty we ran two adult sessions but with such a long waiting list we started the third being coached by James Jolly on a Thursday. I am pleased to say that with this session now being full it means that all our club sessions are full which is a great position to be in but obviously makes it hard for people wanting to join us. Our waiting lists are always growing!! We will need to add more sessions!!!

Updating Your Contact information and Membership Details

This is the first year we haven't needed to pause over the summer, thanks to year-round hall access and rolling subscriptions—so there's no need to fill out new forms. However, if your contact details, medical information, or school (for those moving from primary to secondary) has changed, please email amandaaustin@btinternet.com to update us. It's your responsibility to keep this information current. Also, if you know you'll be away for several weeks or no longer wish to be a member, please let us know, as we have a long waiting list and would like to offer your spot to someone else if it becomes available.

Welcome to Our New coach

We're delighted to extend a warm **Eagles welcome** to our newest coach, **James Anderson**, who joined us a few weeks ago. We're incredibly fortunate to have James as part of our coaching team.

James brings with him not only exceptional coaching experience but also an outstanding playing career. He was part of the **gold medal-winning mixed team** at the **2002 Commonwealth Games**, where he also earned a **bronze medal in men's doubles**. More recently, he claimed the **Over-50 Men's Doubles title at the All England Masters**, playing alongside former Eagles coach **Ian Pearson**, adding to a long list of tournament successes.

James is a player and coach of the highest calibre, and we're very much looking forward to all that he will bring to the club in the months ahead.

NEW Forza Club Tops - Order Now!

We've been incredibly fortunate to have had the support of Forza for nearly 20 years—right from the club's early days. Over that time, they've provided us with club shirts, shuttles, exclusive Forza evenings, and generous member discounts.

If you're ever looking to purchase badminton clothing or equipment, feel free to get in touch—Forza and Ransome Sporting Goods consistently offer us the best possible prices.

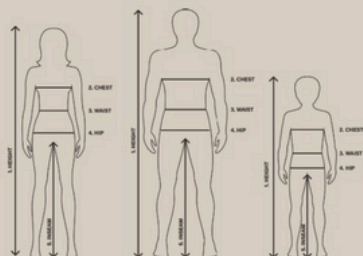
With that in mind—and since it's been a few years since our last club top—we're excited to introduce a brand-new design! The new club shirt will feature “EAGLES” printed on the back, and the cost will be no more than £25, depending on the number of orders we receive. If you'd like to order one, please include your preferred size. Please note: Forza shirts tend to run small, and once printed, tops cannot be returned, so please check sizing carefully. To be included in the first batch, orders must be submitted by Thursday 14th August. Orders after this date will be added to a second batch, but please be aware that larger orders are more cost-effective, particularly when it comes to postage.



MEASUREMENT GUIDE

How to choose the right size?

If your body measurements for chest and waist do not correspond with the same size, then choose the size which is closest to your chest measurement. If you are in between to sizes, then choose the smallest size for a tight fit or the bigger size for a loose fit.



Our garments are made in fabrics either constructed to avoid anti-pilling or fabrics that are given an anti-pilling treatment. Even after washing several times, the surface will still look good.

WOMEN

SIZE	2XS	XS	S	M	L	XL	2XL
CHEST	78	82	86	90	94	100	106
WAIST	62	66	70	74	77	80	83
HIP	87	91	95	99	103	109	116
INSEAM LENGHT	77	78	79	80	81	82	83

MEN

SIZE	XS	S	M	L	XL	2XL	3XL
CHEST	92	96	100	104	110	116	122
WAIST	78	83	88	93	98	103	108
HIP	93	97	101	106	111	117	123
INSEAM LENGHT	80	81	82	83	84	85	86

JUNIOR

SIZE	6	8	10	12	14
CHEST	116	128	140	152	164
WAIST	64	68	72	76	80
HIP	66	70	74	78	82
INSEAM LENGHT	55	60	65	71	77

To order a club top—or to enquire about prices for any other Forza items—please email: amandaaustin@btinternet.com

Minutes

Please find attached minutes from our recent AGM

Breaks in Payment/Memberships Holidays

To clarify the club's position on extended holidays: unfortunately, refunds or payment suspensions cannot be offered if members are away for any period of time. This is due to the need to cover fixed costs such as court hire and coaching fees, which remain the same regardless of weekly attendance.

Club fees are calculated by averaging playing weeks across the year. This includes allowances for bank holidays, occasional cancellations due to bad weather or school events, and a two-week break—all of which are factored into the pricing structure. As a result, no further adjustments can be made. If a member chooses to leave the club, their name will be added back to the waiting list should they wish to rejoin in the future. The club aims to keep costs as reasonable and consistent as possible for everyone. In cases of long-term injury, support may be offered at the club's discretion during the recovery period. Thank you for your understanding.



Congratulations to Crystelle

Crystelle has been entering tournaments and doing really well and I would like to recognise her achievements and looking forward to more good results next season. Keep up the good work Crystelle.

Thank you

I would like to say a huge thank you to Nicola Thompson who is standing down after a long period as Jack Petchey coordinator. We all really appreciate the help that you have given us.

Not sure where to start but a huge thank you to Ray Calder who after ten years as Chairman has decided to call it a day. Ray has been through great times and also the hardship and all that went along with the COVID period and the club would not be in the position it is without his help and guidance. As recognition of this the club have awarded him the title of Honary Member.

I would also like to say a huge thank you to my team of coaches Adam, Arvin, Brandon, Harrison, Hayden, James A, James J, Rob, plus Ryan, Amber, Ava and Jamie for all helping out.

I have had to leave the biggest thank you to last and I am really pleased that Matt, our treasurer was awarded Badminton England's community volunteer for the month of May. A really huge accolade and one that was really deserved. Matt does work absolutely tirelessly behind the scenes and the club certainly wouldn't be half what it is without all his work, help, advice and dedication.



Introducing our new club Chairman

Rob's journey with Eagles began back in Year 5, when he first joined us at Bower Park School. Since then, he has grown through the ranks—representing the club in the Havering Squad at the London Youth Games, earning his coaching qualifications, and becoming one of our most experienced and committed coaches. Rob currently coaches across our Monday evening primary, secondary, and adult sessions.



As a player, Rob also captained our Men's First Team during our time in the league, demonstrating both leadership and passion on court.

Rob truly has Eagles in his blood, and we are incredibly fortunate to have him take on this important role. We look forward to the energy, ideas, and dedication he'll bring as we continue to grow and strengthen the club.

Prize Winners

Well done to all our amazing prize winners. We are hoping next year as it will be our 20th anniversary that we can do a whole club presentation rather than present trophies at individual sessions. The trophies should have been given out over the last week or so. Unfortunately, the Jack Petchey medals and certificates haven't arrived yet but we will present these as soon as we get them. If you haven't won a prize this year then there is always next year and just keep trying, listen to your coaches and put everything into practice.

EAGLE OF THE YEAR Hayden McGlinchey

Monday Session

Top Girl – Olivia Killick
Top Boy – Jai Chohan
Most Improved Player – Jessica Cook
Coaches Player of the Year – Aishaan Sujit
Players Player of the Year – Ava Musham

Tuesday Session

Top Girl –Amber Valentine
Top Boy – Jonathan Fan
Most Improved Player – Reece Roper
Coaches Player of the Year – Olivia Conaghan
Players Player of the Year – Roshan Panesar

Wednesday Session

Top Girl – Crystelle Jeethu
Top Boy – Dhillon Ramdane
Most Improved Player – Charlie Ince
Coaches Player of the Year – Hudson Carter
Players Player of the Year – Jacob Gunn

Thursday Session

Top Girl – Toma Murauskaite
Top Boy – Aadhavan Nakkeeran
Most Improved Player – Tyler Ellis
Coaches Player of the Year – Amanveer Saund
Players Player of the Year – Reuben
Sriskandarajah

Jack Petchey Winners

September - Lily Taylor
October - Reece Roper
November - Eren Tuna
January - Toby Lesurf
February - Waleed Ameyoud
March - Timothy Foo
April - Fraser Sowerby
May - Adrianna Cheung
June - Melissa Cheung



Twentieth Birthday celebrations

The club will celebrate its 20th birthday in 2026 and we are looking at holding a celebration/prize presentation for the whole club to be involved in.

If you have any ideas then please get in touch. We are looking at running something in early July 2026 to coincide with our anniversary.

We held an event for our tenth birthday so only seems right we should go bigger and better for our 20th!!



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