



EAGLES
BADMINTON CLUB

WWW.EAGLESBADMINTON.CO.UK

ISSUE 103



NEWSLETTER - FEBRUARY 2026

EAGLES WILL BE 20!!!

We are holding a FREE party and awards evening to help us celebrate. This joint event will be held at Royal Liberty School on Friday 10th July

There will be glow in the dark badminton where you can challenge our coaches, reaction games with plenty of prizes plus food. There will also be an awards ceremony on the same evening where prizes will be given to members from each class and to those year 6 pupils who will be graduating to our secondary sessions. Prize winners are not notified in advance, so you never know you may be an award winner. We will be presenting five awards per secondary class plus Jack Petchey awards for the year and graduation certificates. It is sure to be a great evening. We need to know a rough idea of numbers so we can order food so we will be sending out a poll shortly and if you could indicate if you are planning to attend that would really help us with planning the event.

It is really hard to organise catering if we dont have an idea of numbers. This event is to celebrate our 20th birthday so we really want to make it an event to remember so please come along with family to join us celebrating. We are hoping to make this a FREE event so please support the club by helping us celebrate. Please keep an eye out for the text poll. COME AND JOIN US!!!!

Head Coaches Corner

by Amanda Austin

(amandaaustin@btinternet.com)

A special welcome to all of our new members and your families. Really good to have you join us and hope you enjoy your time and sessions with us.

If you have any comments about any club business then please get in touch with either amandaaustin@btinternet.com or eaglesbctreasurer@gmail.com. Feedback is always important to us.



This year has definitely been the busiest year for the club and we have increased our membership and are almost at 250 members now which is absolutely amazing. Thinking back to when we launched in 2006 when we had literally a handful of members it is incredible to see where we are now 20 years on. I will be at the 20th birthday party and would love to meet you all. Please come along and celebrate all of our amazing members and enjoy the fun activities and food that will be on offer. It will definitely be a great evening as we have lots to celebrate.

Badminton England have now updated all of their codes of conduct and policies. Just so that you are all aware I will include the link for our latest [welcome pack](#) here so you can see the updates that we have made. The majority of things are still the same but to say following on from their guidance the rules about NO mobile telephones to be used in sessions will be enforced. In the case of emergency players should ask their coaches before a phone is used. Please help our coaches enforce this by speaking to your children. Please also try to get your children to the session on time. It is important that sessions start on time and it is quite disjointed when people arrive late and over a long period of time. I know at the moment with Gallows Corner it isn't always easy to judge the traffic but our coaches really would appreciate you being there at the start of your session. The warm up is a key part to each session and should not be missed.

Since our last newsletter back in December I am pleased to announce that we are now running three new sessions on a Saturday. A primary and a secondary session being run by Rob and James, ably assisted by Hayden and an adult session once again being run by Rob. These sessions are now all full which is great and has reduced our waiting list by over 50 but we still have a long list which is great for the club but not for those still on our waiting lists.

Please remember for Saturday members there are NO sessions on 28/2 and 7/3 due to non availability of the hall. From the period of the 16th February until the 9th March inclusive all sessions will be in the OLD sports hall as our usual hall is used for exams. We know this hall isn't as nice as our usual hall but it does mean that when exams are on we can continue to play and aren't always disrupted by the breaks. Please remember that on the first and last day of this transferral the coaches do need to move all the equipment from the new hall to the old and it does rely on the site team opening up both halls in time for the move so please be patient.

As we look back on the past 20 years it naturally leads me to think ahead to what I hope will be another incredible twenty years for the club.

When the club first began it was just me. As it started to grow we were fortunate to build a team of volunteer coaches. Over time, things changed and we reached a point where we needed to employ our coaches, which we continue to do today. However, all of the administration has always been carried out on a voluntary basis.

In the early days, I managed most of these tasks myself. As we expanded we introduced formal roles such as Chair, Treasurer, Secretary, Newsletter Editor and others. These positions have always been filled by volunteers and that remains the case today. However, whilst we do have other club officials the majority of the day to day business is carried out by myself and Matt.

With this in mind, I am increasingly concerned about the number of hours Matt and I each dedicate to the club every week. At present this work is entirely voluntary but looking ahead to the next twenty years there may come a time when Matt and I are no longer able to commit the same amount of time as we do now. Replacing either of us with a volunteer willing to take on such a significant work load of around 15-20 hours a week would be extremely difficult.

For the long term sustainability of the club we need to consider our options. One possibility is to recruit more volunteers to share the work load. However, this has proven difficult in the past with a lack of people coming forward, resulting in the current situation where myself and Matt share the role of Secretary, whilst also fulfilling the roles of Head Coach and Treasurer. Another option is to move towards a more structured model and provide payment for administrative support, in the same way that we had to move to paying for coaches.

With around 250 members the work load is substantial and is the equivalent of running a small business. At the AGM in May I will be proposing that Matt be paid for the hours he works. This would help ensure continuity, stability and effective management as we plan for the club's future.

I wanted to raise this now to give everyone time to reflect, consider the implications, and come forward with ideas ahead of the AGM in May.

Congratulations to Chairman Rob



On behalf of the club I would like to say a massive congratulations to Chairman Rob on his silver medal at the recent Tier 4 Essex tournament. Also Rob was nominated by someone at our club for Badminton England's Grassroots Coach Award of the Year. Unfortunately he wasn't the winner but Badminton England asked me to pass on their thanks to Rob for all he does for Badminton. So thanks and congratulations to Rob and also to the person who nominated him. It is hard work sometimes so to be nominated for a national award is huge and really appreciated by both the club and I am sure Rob.

If you do well in any competitions please let me know and we will include your results in our newsletter. We always like to hear of any of our players and coaches doing well at tournaments. I recently organised the Havering Schools badminton competitions and it was really good to see so many Eagles members representing their schools and doing so well.

Updating Your Contact information and Membership Details

It is really important that we keep our records up to date, in particular emergency contact details so if anything changes throughout the year 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. You should have received text messages from the club in the last few months, if you haven't please let us know so we can check the number we have on file.

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 have 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.

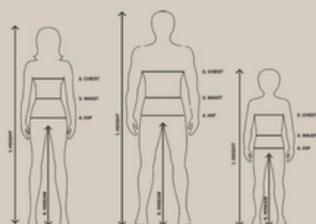
To order a club top—or to enquire about prices for any other Forza items—please email:
amandaustin@btinternet.com

We have now had the first three deliveries of our new club top and the feedback has been great and the tops do look really smart. We were lucky enough to have secured some funding from Jack Petchey to help subsidise our club tops for our 20th birthday. Unfortunately this subsidy has been used up so we cannot offer the tops at the same price. The club is still going to subsidise the tops but the cost will now have to be £20. This offer cant last forever so if you want one then please. contact Amanda on amandaustin@btinternet.com and 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. I will be waiting until I get at least 10 for any further orders as a bigger batch makes it more cost effective with 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

Badminton England came to visit.....

Badminton England came to visit us back in October and some of the footage has been released on Badminton England's own TV channel along with their own social media and YouTube channels .Feedback has been great and it was really nice to be asked to take part in this and certainly showcases the club in a great light



Bad weather

If over the winter period we have bad weather, in particular snow, then please keep an eye out on our social media posts to check if the sessions are on. If Royal Liberty is shut during the day we will not be able to open in the evening so if in doubt look on the school's website. We will endeavour to get a text message out too. This is another reason why it is really important that all contact details are up to date. Please also remember that we do take into account a bad weather week when working out our fees so if a session is cancelled there will not be a refund.

Breaks in Payment/Memberships Holidays

To clarify the club's position on planned absences and 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. We get asked on a regular basis if people can suspend payments for so many different reasons and we have to give the same answer to everyone otherwise we are setting a dangerous precedent and the club won't be viable.

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.

Jack Petchey Awards

We have been really lucky over the years with financial help from the Jack Petchey Foundation and this year has been no exception. For the new members in the club, players can nominate someone in their session for any reason, it doesn't have to be the best player, it can be someone who trains hard, has helped someone, just been friendly or lots of different reasons. Please let your coaches or Amanda know if you have any nominations. On July 10th when we have our 20th birthday celebrations we will give out all the Jack Petchey medals and certificates. A Jack Petchey award really is a great award to be nominated for and an achievement to get. Please get nominating as we would like to use some of the award money for the various fun, games and food at our birthday party.

Thank you

I would also like to say a huge thank you to my team of coaches Adam, Arvin, Ava, Brandon, Harrison, Hayden, James A, James J, Rob. You really make our club stand out amongst others so a massive thank you from me. Your hard work over this last term in helping the smooth running of all the sessions and providing the top quality coaching we are so proud of is really appreciated.

It has been really good to have Rob fully involved as Chairman and having the Saturday sessions and the birthday celebrations will definitely give him something to get his teeth into.

I always leave Matt until last as I never really know what to say. He works so hard behind the scenes dealing with the bookings, messaging, money side of things and so many other tasks I don't really know where to begin, he truly is the linchpin of the club and we are all indebted to him for his hard work and effort that he puts in every day. So put very simply THANK YOU!!



GoCardless



FZ FORZA[®]
INNOVATED IN DENMARK +