**Alpha Badminton Club**

**Prospectus Update**

**Background**

Alpha Badminton Club was founded in 1932 by members pf Lisburn Cricket Club as a way to keep n touch during the winter months. Over the yerts they played in a number of one court halls around Lisburn. In the 1960’s they joined with Hilden Tennis Club to fund raise in order to built joint facilities for – Hilden in the summer and Alpha in the winter. The two clubs had a number of members in common. The new facility, named the Lisburn Racquets Club, opened in November 1970 with new changing and social rooms, three badminton courts and two squash courts run by a new joint member, Lisburn Racquets Squash Club. Subsequent developments hve brought in 12 badminton courts, two more squash courts, improved social facilities and a dome covering 2 tennis courts in the winter.

**Aims**

The basic aims of Alpha Badminton Club is to provide an environment where members have an enjoyable badminton experience with help in personal development in the skills of the sport and providing suitable competition within the club and against other clubs.

**Adult Clubs**

Alpha has 4 Adult clubs – Tyros, Minor, Senior and Para - with at least one club session per week for each all year round. Members play in the Club most suitable to their standard.

The core of Alpha is tne Minor Club playing on Monday evenings. It is the equivalent of most Clubs in Ulster playing in church halls nd has about 50 players and teams in Divisions 2 to 6 of the Ulster League. Players are accepted to the Minor Club from the Tyros Tyros and the Juvenile Clubs when their standard is suitable.

The Senior Club consists mainly of Premier and Grade A players playing on Tuesday evenings. There are about 20 players with 2 teams in Division 1 of the Ulster League. They also play with some success into the All-Ireland Cup Competitons each year.

The Tyros Club are the most social of the clubs. Many members are retired and are here for some exercise and a bit of craic. Some still enjoy competitive play and they have a team in the Ulster League. Also there are some young people for whom this club is another step on the way to the Minor Club. The better Tyros players also play in the Minor Club. This is entirely up to them as to whether they feel comfortable or not amongst the stronger players.

Members may bring a visitor to Club play and a visitor’s fee is charged. Such visitors may play a maximum of six times per year.

Members have free use of the Racquets Club’s Fitness Suite after induction by the Club Instructor who is also available for personal advice.

**Para Badminton Club**

The club is set up specifically for players with a Physical Disability, playing every Tuesday evening from 8pm to 10pm, giving players the opportunity to socialise and just have fun playing Badminton. Coaches are on hand to assist players in any way possible, also to select players that show good progress and understanding of the game. The players selected move on to squad training on Wednesday evening and Saturday mornings made up of 4 Blocks with 8 two hour sessions per Block. The sessions are designed to prepare players for, National, European and World Championships.

To date our players have won Gold, Silver and Bronze medals in World, European and National Championships. The club are honoured and privileged to have a two times World and European Champion as one of our members.

**Juvenile Clubs**

On Saturdays Alpha have up to 10 groups playing all year round with players times selected by ability and age and approximately 25 player per group in the 3-court Alpha Hall and 40 per group on 4 courts in the NBC Hall. This could be looked on as 10 Juvenile Clubs each with 2 coaches and coaching suited to their standard. There are fun games, singles and doubles challenge ladders and coaching in the strokes and tactics of the game – just the same as all juvenile clubs. The children’s subscriptions cover all Saturday play and coaching, including courts, shuttles and coaches fees. Prospective new members may play for a few weeks free of charge before committing to join. Rackets are available on loan.

Extra coaching is available on request at a charge either in groups organised by the Club or as a private booking with one of the coaches.

Each year, on the last Saturday before Christmas, a Family Fun Tournament is held when parent and child pairings meet in groups selected by standard/age.

Each year at Christmas and Easter Alpha runs children tournaments open to everyone. This gives the Aplha players outside competition which can lead to success in Governing Body tournaments and selection for representative teams.

When children come near to receiving an invitation to an adult club they are invited to an Intermediate section where their coaching is solely on doubles strokes and tactics. Players from this club are promoted throughout the year as and when it is felt they have reached the appropriate standard.

Players asking personally for extra coaching are accommodated in groups for the number of weeks they require at a charge of £5 per hour with an experienced coach. Personal one-to-one coaching is available from most coaches at a charge contracted directly with the coach.

**Squad Coaching**

During play in all the juvenile groups the Head Coach and coaching staff look out for players who are quick learners and move rapidly up the challenge ladders. Selected groups are assembled and allocated courts during the week or Sundays where they are offered additional coaching from higher qualified and more experienced coaches. Each course lasts a fixed number of weeks with a strict training plan during which records will be kept of each player’s attendance, time-keeping, attentiveness to the coach and progress. A fee of £4/hr is charged for these additional courses to cover the coaches’ fees, shuttles and courts.

At the end of each course the players will be re-selected allowing other children to be added and to replace those who it is felt a later course would be best for them. Players are advised on the competitions they should enter and, if possible, they will be watched during competition and feedback on their performance will be provided.

Alpha enters teams each year in the Celtic Challenge competitions. These are at Under-13 and Under-15 levels and the opposition includes teams from Lothian, Wales and the Southern Provinces.

**Club Championships**

All the Adults and Juveniles may particiate in Club Champonshis in their particular club and the next club yp if they wish. Preliminary rounds are held January – March with a Finals Night for all in early April.

**Casual Play**

All members get at least one session per week of organised club play. Members may book courts at other times up to 8 days ahead for personal casual play. They may bring non-members who pay a visitors fee. Courts are also available to non-members at a court hire fee but may book only 2 days ahead. Rackets are available on loan free of charge at reception. **The only day the Club is not available for booking is Christmas Day.**

**Coaches**

The Club has one Level 3, three Level 2 coaches, nine Level 1 coaches and 3 members who have completed the Shuttletime course which is aimed specifically for those looking after very young children. There are refresher courses every year and all the coaches are encouraged to attend and to remain up to date with the latest ideas and practices.

**Governing Body**

Alpha is affiliated to the Governing Body of Badminton, Badminton Ireland, and its Ulster Branch.

When a promising player appears he/she may be nominated by the Club for an Ulster Squad trial.

**Clubmark NI**

Alpha has been given the ClubmarkNI award which means it has reached the required SportNI standards in its Management, Safety and Coaching Quality.

**Lisburn Racquets Club**

Alpha shares the ancillary facilities with Hilden Tennis Club and Lisburn Racquets Squash Club under the joint name of Lisburn Racquets Club. A member of Alpha is automatically a member of all three Sports Clubs. The Lisburn Racquets Club Management Committee looks after the overall finance of the Sports Clubs on behalf of the Committee of Trustees and also the day-to-day operation of the facilities.

Other sports using the Lisburn Racquets Club are Netball, Table Tennis, 5-a-side Football, and Judo. The Club, with its 900 seats, has also been used as an International Venue for Badminton, Netball, Volleyball, Table Tennis and Taekwondo.

**Health and Safety**

All parents of Juvenile members complete a Care Form giving the Club details of Emergency Contacts in case the need arises and information on any special health conditions the child has for the coaches to be aware of.

The Lisburn Racquets Club also provides a number of Health and Safety requirements, namely - ACCESSNI Check where required, a Defibrillator and trained staff, First Aid Courses for staff and a number of approved Designated Children’s Safety Officers.