



Badminton – a few facts

Badminton is a tremendously popular sport around the world, particularly in England, Scandinavia and many (south) eastern Asian countries. In 1992, **badminton** became an Olympic sport.

Modern **badminton** rackets weigh less than 100 grams. The best shuttles are made of goose feathers, but there are good alternatives for every day playing made of plastic. A standard shuttle weighs about 5 grams.

According to scientific experts, **badminton** is one of the best conditioning game activities. It includes highly concentrated action - running, jumping, twisting, stretching, running backwards, throwing and striking.

Badminton as it is played today was probably invented by British army officers in India in the 19th century, which is also when it was first played competitively. In a possible early Chinese predecessor, players would try and use their hands to keep a shuttlecock (of a different kind than the one used for badminton today) in the air for as long as possible



For more information on the **Brussels International Badminton Club**, please visit our website at:

www.brusselsbadminton.com

Alternatively, contact Cathy Tyers on 02 354 4198.



Badminton in a friendly and international atmosphere!



About our club

The **Brussels International Badminton Club** is one of the oldest English-speaking clubs in Brussels and is amongst the first badminton clubs founded in Belgium.

The **Brussels International Badminton Club** aims to promote high standards of badminton in an international environment. If you are interested in playing badminton, keeping fit and socialising then you are welcome to come along and try it out!

Players of all standards are welcome: from beginners and casual players to intermediate level and advanced players who take part in competitions. In addition to casual play, **we provide coaching and training sessions.**

The **Brussels International Badminton Club** is affiliated to the Flemish Badminton Federation and the Association of Flanders-Brabant Badminton Clubs. Our teams play in competitions against teams from all over the province of Flanders-Brabant and individual members regularly play in tournaments, where our club traditionally has a good record of success.

Training times

Days	Times	Location
Tuesday	20:00-22:00	Scandinavian School , Square d'Argentuil 5, 1410 Waterloo
Thursday	20:00-22:00	De Sporthal , Astridlaan 85, 1975 Wezembeek Oppem
Sunday	14:00-17:00	De Sporthal , Astridlaan 85, 1975 Wezembeek Oppem

Both venues are usually open throughout the year, with the exception of July, when there is no badminton, and August, when there is no club night on Tuesdays. There is also a short break during the Christmas period.

- Players of all standards welcome
- occasional coaching sessions for beginners and advanced players
- competitive and casual players catered for
- mixed, men's and ladies' teams in the provincial league competition

Annual membership fees

The season runs from September to end June. The fee includes court time, insurance, coaching and plastic shuttles.

Adults: €125 Juniors: €65 Family: €275

The fees are reduced for anyone joining from January onwards.

Prospective new members may attend the first session for free but they will be charged a visitor's fee for subsequent visits (up to a maximum of 3 visits).

Social Events

We organise a wide range of social events for all members throughout the year, including parties, nights out, a Christmas dinner, weekends away, an end-of-season barbecue and many more...