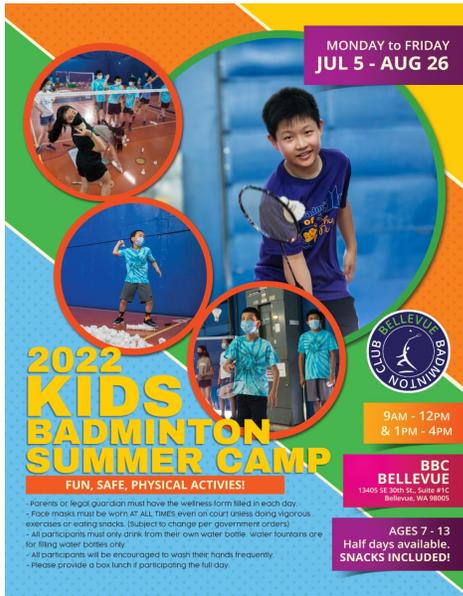


## Welcome to Our First Newsletter!

An Introduction by Curtis Stensland, *Facilities Operations Manager*

Welcome to our first Bellevue Badminton Club Newsletter. With three locations, an extensive training program, and many weekly recurring events there is a lot going on at the club. In our newsletters we will feature our students and their successes as they travel and compete around the country, upcoming events locally for members, ways to improve your game in the 'Coach's Corner,' the latest products and deals in our Pro Shops, and much more! We are happy to have this opportunity to connect with you and all of our members and showcase our highlights each month at the club.



MONDAY to FRIDAY  
JUL 5 - AUG 26

9AM - 12PM  
& 1PM - 4PM

BBC  
BELLEVUE  
13405 SE 30th St., Suite #1C  
Bellevue, WA 98005

AGES 7 - 13  
Half days available.  
SNACKS INCLUDED!

**2022 KIDS BADMINTON SUMMER CAMP**  
FUN, SAFE, PHYSICAL ACTIVITIES!

- Parents or legal guardian must have the wellness form filled in each day.  
- Face masks must be worn at ALL times even on court unless doing vigorous exercises or eating snacks. (Subject to change per government orders)  
- All participants must only drink from their own water bottle. Water fountains are for filling water bottles only.  
- All participants will be encouraged to wash their hands frequently.  
- Please provide a box lunch if participating the full day.

## Save the Date: 2022 Kids Badminton Summer Camp

### LOCATION

Bellevue - 13405 SE 30th St. Suite #1C  
Bellevue, WA 98005

### DATE AND TIME

7/05/22 - 08/26/22

Every weekday starting July 5 to Aug 26 from  
9:00 AM - 12:00 PM & 1:00 PM - 4:00 PM.

For kids ages 7 - 13.

More details to come.

Mark your calendars!

## 22 BBC Students Will Train with Olympic Gold Medalist Tony Gunawan at Global Badminton Academy in California and other exciting news!



*Tony Gunawan at the 2012 London Olympics*

This month, 22 of our students will be traveling to California for 11 days during their mid-winter break to participate in two tournaments and a training camp. Our first tournament will be in San Jose for the Synergy NorCal Open Regional Championships. Then we will be heading down to Los Angeles, California to train at Global Badminton Academy with Tony Gunawan for a week. He won the 2000 Olympic gold medal, the 2001 IBF World Championships, and the 2005 IBF World Championships with 3 different men's doubles partners. He is regarded by many, including his peers, as one of the greatest doubles players in badminton's history. This will be a great experience for our students and coaches. After 5 days with Tony we will drive down to San Diego for

the Dave Freeman tournament where our students AND coaches will be participating. It will be fun for our students to see our coaches in action. Stay tuned for updates!

## BBC Club Announcements



**SUNDAY  
KIDS & TEENS  
BADMINTON CLASS**

**KIDS Fundamentals | 6-12yo | 11:30 AM (1h)**

**TEENS Fundamentals | 13-18 yo | 12:30 PM (1.5h)**

Bellevue Badminton Club - RENTON  
846 Lind Ave. SW, Renton, WA 98057

**REGISTER NOW ONLINE!**

[www.bellevuebadminton.com](http://www.bellevuebadminton.com) | [info@bellevuebadminton.com](mailto:info@bellevuebadminton.com)

### Junior Training Program

Session 2 registration will be starting soon this week! We will be upgrading our process with JackRabbit Classes to streamline our registration process. Please look out for an email this week to register for Session 2!

### New Kids and Teens Fundamental classes will also be added for Session 2 in our Renton location!

Kids Fundamentals - Sunday, 11:30 AM to 12:30 PM

Teens Fundamentals - Sunday, 12:30 PM to 2:00 PM

### Upcoming Events

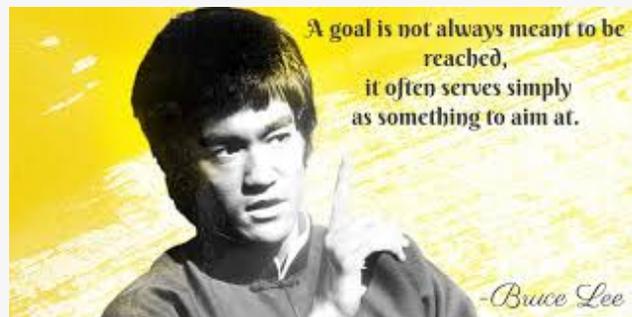
See what's happening this month.

February 14: Buy 1 Get 1 50% off! Weekly Adult Intermediate class 7:30 pm - 8:45 pm (Renton)

February 14: Buy 1 Get 1 50% off! Weekly Adult Beginner class 8:45 pm - 10:00 pm (Renton)

February 14: Mixed Doubles Night 7:30 pm - 9:00 pm (Bellevue)

February 14: Singles Ladder 7:30 pm - 9:00 pm (Mukilteo)



### Coach's Corner: Mindset

Written by Derrick Ng

The definition of mindset is the established set of attitudes held by someone. Collectively, we need to change our mindset when we are training.

If you do not believe you can win, how will you ever win?

We need to start training and competing like we are the best but if you do not believe it, no matter how hard we push you, you won't ever push as much or as hard as you need to

## We Are Hiring!

Click below to see our open positions.

Scroll below for link

in order to be the best.

*"A goal is not always meant to be reached; it often serves simply as something to aim at."* – Bruce Lee.

Scroll below for link

## Student Spotlight

*We are excited to highlight a few of our feature players.*



Serena Li  
Age: 7

Level: Kid's Fundamentals



Roger Kung  
Age: 7

Level: Kid's Beginner



Ruthu Mavnur  
Age: 15

Level: Intermediate

Serena started playing badminton with her father at our club for over a year now. They would throw birdies to each other and she practiced hitting them with her racket. Li states that her favorite thing about badminton is, "that you can play it for fun because I don't like competing."

Roger started playing badminton with his parents at BBC and has now been playing for over 2 years. Roger likes badminton because it is fun, especially when he learns little trick shots from his dad.

Ruthu has been playing badminton for 4 years. She started playing with her dad and other family members in their backyard. She likes badminton because "It's fun and a good exercise. You can stay healthy while gaining skills."

## Get to know our Coaches!

*An interview with a few of our coaches at our club.*

### Mesinee (May) Mangkalakiri

Mesinee (May) grew up in Los Alamitos, California and moved to Washington in 2013. She started playing



*Favorite quote: "The most important thing is to try and inspire people so that they can be great in whatever they want to do."~Kobe Bryant*

*Favorite snack: Gummy candies*

badminton when she was 13 years old. One of her proudest accomplishments was when she qualified for the 2008 Olympics in Beijing, China representing Women's Doubles. May has been coaching for 20 years and one thing she enjoys most is watching her students grow and discover something that they once thought was too hard or impossible. She wants her students to "not be afraid to make mistakes or to fail as it is part of the process and journey to where you want to go. When we let go of perfection, we can accomplish anything."

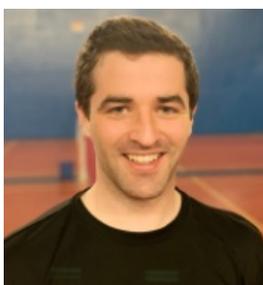


*Favorite quote: "If you can't, you must. If you must, you will."~Derrick Ng*

*Favorite snack: Ketchup Chips*

## Derrick Ng

Derrick was born and raised in Vancouver, Canada and moved to Washington in 2017. He has been playing badminton since the age of 4. His proudest accomplishment is being able to live his passion every single day. One thing he enjoys most about coaching is watching his student's progression through their dedication and hard work and passing his passion of badminton onto his students. He wants his students to know that "everything you want in life is achievable with consistent hard work."



*Favorite quote: "If you shouldn't believe everything you read, then you shouldn't believe everything you write. Take time to reflect and adapt."~Unknown*

*Favorite snack: Stuff Puffs Filled Marshmallows*

## Curtis Stensland

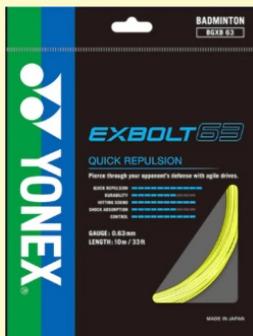
Curtis, a Washington native, grew up only 20 minutes away from Bellevue Badminton Club in Bellevue. He has been playing badminton as long as he can remember recalling his father throwing a soft fuzzy ball in the house when he was a few years old. A proud accomplishment of his was winning his first Washington State Championship for Singles and winning Doubles with his father. Curtis has been a coach since 2010 and one thing he loves most about coaching is "that 'A-ha' moment a student makes a change and it works and you can see their eyes light up."



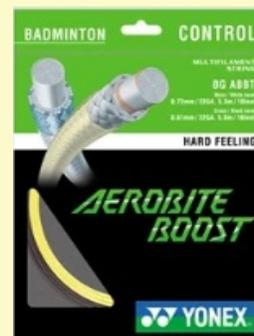
- Our Renton location will be open on all weekdays from 5:00 pm to 10:00 pm beginning February 14th.
- Ladders will remain 50% off for the time being! Make sure to register early as spots fill up quickly.
- Please vacate the court in a timely manner and place any shuttles into the clear bins once your matches have ended.
- Garbage (food wrappers, plastic from shuttle tubes, masks) goes into the grey or black bins.
- Recyclable items (bottles, shuttle tubes) go into blue bins.
- Only shuttles go into the clear bins between courts.
- Only BBC membership cards or guest tags with the current date may be used on the rotation board. Post-it notes, business cards, and membership cards from other facilities may not be used. If you do not have your membership card, please see the front desk.

## All BBC Pro Shops now offer these products!

Yonex Exbolt 63 string



Aerobite Boost String



ENJOY  
10% OFF

String your Victor racket with Victor string and receive 10% off.

When buying a new Victor racket without strings you may receive free Victor string service with purchase.