



## KCC Junior Teams in festive form

The run-up to Christmas has seen the three top age group sides notching up excellent results against very competitive teams.

In the Hong Kong Junior Football League, our Under-14s (1998s) – pictured right with guest linesman Daniel Gough – remain unbeaten after six matches, and currently sit second in the table, just one point behind the Hong Kong Football Academy.

For their most recent match against an accomplished Happy Valley side, the opponents fielded a number of U15 players, so to even the balance we drafted in Mervyn McKinley, Nikhil Narwani and Krishna Nainani from the KCC U15 age group. What followed was a hard-fought 60-minute contest. KCC drew first blood, with a well taken goal from striker Daniel Rittinghaus, but Happy Valley immediately drew level, albeit with a goal that exposed the linesman's (not Daniel Gough, who was impeccable throughout) limited understanding



of the offside rule. Despite this setback, KCC kept their heads up, and following good work down the left by Krishna, Ethan Vaz pounced on a goalkeeping error to give KCC the lead again. At 2-1 determined defending was called for – Adrian Samtani (pictured right) and his



defence were up to the task, handing Happy Valley only their second defeat in this competition.

The KCC U15s and U16s meanwhile played a Saturday night double-header against their Sha Tin district counterparts. First up were

## Rock 'n' Bowl Part II

If there were any doubts about the ability of members of the Football Section to turn their hand to any sport, those doubts were confirmed on a balmy evening in December on the pristine lawns of the KCC. For the second year running, around 60 members of the section tried their hands at lawn bowls in our festive "Rock 'n' Bowl", and the results were nothing for the KCC Lawn Bowls H team to worry about.

For globetrotter James "Goughie" Gough it was good to be back in time to take on the role of Tournament Director. Aply hindered by Don "Do you wanna be in my gang?" McNeil, he kept the action and more importantly the grog flowing, with contributions from Tony Smith, Andrew Laxton and Shyam Nainani.

For the record, the squeaky flatulent cow award for "furthest from the jack" went to Marcel Sosnowski, whose bowl was so far wide of the mark that it left on a 12C bus to To Kwa Wan. Don picked up the tape measure for most inspiring skip and other important awards went to Tony, Shyam, and Paolo and Giovanna Gianelli.





# Badminton Society

## Badminton Society AGM

24 November 2011

the U16s, who raced into an early lead through Roshan Daswani, but were then pegged back by a strong Sha Tin outfit, which piled on the pressure until we succumbed to a deserved equalizer. The U15s then came on and ripped into the boys from the NT, and once the smoke had cleared, KCC had come away with a very creditable 3-0 win with goals coming from Karan Daswani, Neal Sajjani and Nikhil Marwani. Two weeks later, the U16s were up against a strong Sha Tin College side – which included no fewer than six past and present KCC U16 players – but despite being severely depleted by the defections to the schoolboys, we held on for a 0-0 draw, even missing a penalty into the bargain.

Our top junior teams are now playing with far greater fluency and flair than at the beginning of the season, and this new-found confidence is exemplified by this excellent set of results. Provided that our boys go easy on the festive goodies, we can look forward to an even brighter second half of the season.

*Jonny Mac*

The finals saw victory in the Bowl for Paul McGunnigle's team (which amazingly included Marcel), followed by Plate glory for Mike Trayford's "Tetrarchy". The Cup final was a thriller, with "Growler's Grinders" skipped by the head of football at HKFC – a former Whitley Bay under 13 lawn bowls champion – narrowly pipped by Ravi Sujjanani's "Rascals". A fitting finale to a fine evening of beer, good cheer and wobbly woods.



### COACH'S COLUMN

#### Nurture Kids Into World's Fastest Game

Basic foundation is the building block for badminton. Badminton involves common movements such as running, jumping, throwing, starting, reaching and stopping. To improve basic foundation, racquet is not necessary during training.



As we know, most kids' concentration would not last long. Kids lose interest easily if they find the training session boring. Therefore, we can implement some alternative programmes such as telly-match or fun games. Allowing them to have fun while building up solid foundations will help sport-specific skill transition in the later stage.

"Eagle catches the chicken" game is one such example. There are no rules, team, or implement required in this game. One of the kids will act like the hunter "eagle", another as protecting "hen" and the remaining are the "chicken" under her guard.

In this game, the "eagle" can train for reaction time, coordination and agility where it need to make some feint to catch the "chicken". While the "hen" and "chicken" can train for teamwork and quick reaction to avoid being caught.

One of the major misconceptions in racket training is the need to train as specific to the sport as possible. Numerous studies show that most of the injuries caused by overstraining of the same muscle groups that are required especially for a sport. Thus, a strong foundation of overall athleticism is the solution for not only performance enhancement, but injury prevention.