

**BADMINTON
IRELAND**



go for
life



*The National Programme for
Sport and Physical Activity for Older People*

BADMINTON IRELAND & GO FOR LIFE

The Go for Life Physical Activity Awareness Programme aims to increase older people's awareness of the benefits of an active lifestyle and of the wide range of opportunities for involvement in active living and recreational sport. Badminton is the perfect sport to play to stay active and fit during retirement. You can take up badminton at any age and play at whatever level you wish. Badminton can be a gentler introduction to coordination as the shuttlecock travels slowly and rallies can be maintained at a slower pace. The pace is determined by the players, not the sport. Setting up a social badminton club couldn't be easier. The Badminton Ireland Development Team is on hand to help you in any way possible.

Getting Started...

Hall & Equipment

- Is there a badminton club in your area? Badminton Ireland can tell you what clubs are in your area.
- If not, is there a community hall in your area? What is the cost of hiring the hall?
- Does it have badminton courts lined in it? Does it have posts and nets?
- Do you need to provide rackets for people to try out badminton? A Starter Kit Bag can be purchased from Badminton Ireland or loaned out to your group if you wish to try out the sport for a trial period. (Starter Kit Bag – 16 rackets, shuttles, nets, coaching resources, holdall @ €100 *price as at 2011/2012 season)

People

- Do you have a core group of people who are interested in playing badminton socially? Can you get a committee started locally?
- How are you going to advertise your Badminton Social Club/Group?

Insurance

- Badminton Ireland have an insurance scheme available for social badminton clubs/groups

Funding

- New clubs/groups can often access funding to help get them started?
- How much are you going to charge for membership fees or play as you go fee or both?

For further information and assistance,
contact Brenda Barry
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