

EPT Wycombe - November Report

After a productive summer training block, involving trips around Europe, national camps, new strength and conditioning programmes and sport psychology homework, the squad entered the 2014-15 season with fitness and confidence. Our team is growing, we are delighted to announce Gary Fox is now the new EPT Wycombe assistant coach and will be leading the development of doubles skills and partnerships. As an international player training at NBC, Gary has been exposed to our sport at the highest level and has been developing his coaching skills in the last few years. Having started at Wycombe in September, Gary has had a very positive impact already and is now based here full-time to make his transition from elite player to elite coach. We are also excited to have former international Daryl Jacobs return to Wycombe to support players as a sparrer/coach, doing a great job injecting the intensity and pace that the players need in training to succeed in this sport. EPT Wycombe recognizes the importance of athletic development. Strength and conditioning increases your capacity for quality training, and then you can train to compete and win. We are lucky to have the support of S&C coaches, Evan Jenkins and Matt Jaggard from Bisham Abbey who design and deliver individualized programmes that are making the difference: little details, big steps. With busy weekly training schedules, exciting competition plans and challenging personal goals, each player has a clear view of the work ahead. There are several promising performances and results to report already.



So far this season the EPT squad has collected 12 gold, 7 silver and 8 bronze medals. Special congratulations to Abigail Holden for reaching the final at the School Games, winning the Swiss international, the Duchy of Cornwall senior and the MK gold star titles. David Jones, for winning his first senior open title in Cornwall and then winning both singles and doubles titles at Danish Cup, and at the MK gold star. In order to push forwards in senior and international competition, David has travelled to work with some top coaches and players around the country (thanks to Steve Butler and Sam Parsons at Coventry, Ben Beckman at Wimbledon and Carl Baxter at Surrey Smashers). This has helped David to develop a very mature approach to his training, development and competitions. His commitment to training goals and recent improvements in off-court preparation and physical capacity earned him an invitation to join the national senior squad at NBC for 3 days in October. After some positive feedback and guidance from national coaches David is now continuing the hard work with even more focus and determination. Both David and Abigail have recently broken into the top 30 in the national rankings. Congratulations to England number 12, Paige Butler who travelled to Copenhagen to play and win her debut match for Taastrup Elite in the Danish National League. Well done to Alex Cook and Lucy Dong for their England caps and team silvers at the School Games, both players showing good progress, a lot more to come from them in the future. Massive well done to Freya Redfearn for winning both U15 gold star titles this season, establishing herself amongst England's best. Congratulations also to Ollie Thompson who is in the final stages of a lengthy rehabilitation process but is now looking good and has been named along with David Jones in the Surrey Smashers squad in the new Sky Sports, National Badminton League. EPT coach, Gary Fox, who still plays at an international level, has also been named in the NBL but for rival team the Birmingham Lions. An exciting season ahead. Finally, a very important congratulations to some very committed and skillful U13 and U11 players developing in the area who I am sure have bright futures at EPT Wycombe and for England if they keep up the good work: Charlie Castle, Ethan Rose, Safia Khimji, Kishan Hathi and Christian Mitchell – well done, keep improving your skills and speed – the future is bright!

2014/15 Results Summary:



Kent Senior Silver:

- Abigail Holden: singles bronze
- Paige Butler: singles gold

2014 School Games:

- Alex Cook: team silver, singles bronze and doubles bronze
- Lucy Dong: team silver, doubles bronze
- Abigail Holden: team silver and singles silver

Wimbledon Junior International:

- Paige Butler: singles bronze, doubles bronze, mixed bronze
- David Jones: singles bronze

U15 Nottingham Gold Star:

- Freya Redfearn: singles gold, doubles bronze

Duchy of Cornwall Senior Open:

- Abigail Holden: singles gold (defended title), mixed gold
- David Jones: singles gold, mixed gold, doubles bronze (with Alistair Jones)

Switzerland U17 International:

- Abigail Holden: singles gold
- David Jones: doubles silver

Danish Cup U17:

- David Jones: team silver, singles gold, doubles gold
- Abigail Holden: team silver
- Freya Redfearn: U15 England cap

U15 Cheltenham Gold Star:

- Freya Redfearn: singles gold, mixed silver, doubles bronze

Danish Club League:

- Paige Butler: wins debut match for Taastrup Elite

Middlesex Senior Gold:

- David Jones: singles bronze

Milton Keynes U17 Gold Star:

- David Jones: singles gold, doubles gold

Dorset Senior Silver:

- Daryl Jacobs: singles gold

East of Scotland Junior Championships

- Freya Redfearn: singles gold, doubles gold



Sainsburys School Games (International):

The season started with the School Games, Alex Cook, Lucy Dong and Abigail Holden all represented England and helped the team to a silver medal. In the individual event, Lucy bagged bronze in the girl's doubles and Alex bronze in both singles and doubles, and Abigail notched some good wins to reach the final of the singles, losing out to Holly Newell from Scotland.

**Wimbledon Junior International:**

Former, Bisham Abbey Academy and EPT Wycombe player, Paige Butler was too strong for Abigail Holden, beating her in the box on the way to three bronze medals and some well deserved prize money. Henry Prothero, had a strong opponent on the ropes, showing the racket skills but not quite settling the nerve to get over the line. In the doubles, Prothero and Cook showed good organization, power and bravery in the doubles pushing a strong pair to three sets in an exciting match, enjoyed by the crowd. David Jones added to his season earnings with a solid semi-final performance, beating the $\frac{3}{4}$ seed but then losing out in two tough sets against an upcoming Indian international. A lot learned.

Nottingham U15 Gold Star:

In the first U15 gold star of the season, Freya Redfearn proved just how powerful she can be on the badminton court, winning the girls singles at and teaming up with a scratch partner to take a bronze in the girls doubles too.

Cornwall for the 35th Duchy Open:

Having learned from the experience at the School Games, Abi prepared to defend her Duchy Open title and did so in style, with good wins against Welsh and English senior opposition, she then teamed up with David Jones to win the mixed doubles as well. Having lost in the quarter final last year, and watching fellow EPT player Ollie Thompson go all the way and win in 2013, David, had a score to settle. This year it was his turn to lift the trophy, he beat the player who knocked him out last year in straight sets in the final. This marks David's first senior singles title. Great progress. At his first senior open, Alex Cook played well to reach the quarter-finals and had a good match against former polish international. Alex Cook has laid down some markers in the Cornwall and did the same in Luton senior open with good performances against seeded opposition.



Danish Club League:

Having visited Denmark a lot recently to work with some top coaches and top stars, EPT Wycombe has forged some great relationships and opened up some good opportunities for the future. Paige Butler recently travelled to Copenhagen to make her debut in the Danish national league playing for Taastrup Elite, and winning all her matches. Paige is now ranked in the top 16 of England and is starting to threaten all players in the top 10.

Switzerland Junior International:

Abigail went to Switzerland for the U17 Swiss with her eyes on the top prize and 5 matches later, stood at the top of the podium as U17 Swiss International Champion. Massive congratulations Abigail!

**Danish Cup**

Having had tough experiences against Asian opponents in Wimbledon and Switzerland, David was focused on peaking for Danish Cup and did so in style winning both the U17 singles title and the doubles title with his partner Harry Arksey. Massive well done David. Abigail performs well against top in Denmark to help U17s win the team silver. Freya Redfearn performed well for the U15 England but sadly her doubles partner injured her knee and pulled out, still lots learned about her European opponents for the future. Well done also to former EPT Wycombe players Zach Russ and Max Flynn who are both winning international titles.

Middlesex Senior Gold

David Jones knocks out second seed and gets to his first senior gold semi-final, displaying a very mature approach to his preparation and performance. Well done to Daryl Jacobs who got to semi-final of mens doubles, with Lee Ackerman who is hoping to join us at EPT Wycombe from November.

Milton Keynes U17 Gold Star:

Alex Cooks performs well against strong player in year above but goes down 24-22 in 3rd set. Abigail beats the field including several strong Scandinavian players to take home title. David Jones, although tired from training with the senior national squad in the week leading up, backs up his Danish Cup title with an unbeaten performance in singles and doubles.

Cheltenham U15 Gold Star:

Freya dominates the singles draw and picks up medals in mixed and doubles.

