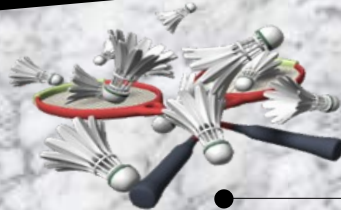


GIRLS BADMINTON 2011



2nd Place - State

O.M.G.

What an Unbelievable Year !



Accomplishments

- IHSA State Tournament—2nd Place !
- SSC Conference Champions 2011
- 1st Place TFS 'Grey' Invite—7 Teams
- 1st Place TFS 'Red' Invite—7 Teams
- 1st Place TFS 'Freshmen' - 12 Team Invite
- Dual Meet Record: 14 & 1
- 2nd Place—Sectionals (1/2 pt loss)
- Downstate Qualifiers—3x (Seeded 3rd & 5th-8th)
- Conference Champions—8x Individuals
- IHSA All Academic Achievement Award
- Sectional Host—TFS ranked 4th out of 23 Schools
- Pasko 2nd Place at State—Tisdler/McNish 3rd Place
- Conference Dual Meets 12-0 Undefeated

L.O.L

In two short years, the TF South badminton program established themselves as one of the best teams in the State. The Varsity team was mainly composed of freshmen and sophomores and showed tremendous improvement as the season progressed. Our best is yet to come ! We will defend our Conference Title next year.

Excellent attendance as well as excellence in the classroom made this year's team special. The girls attended multiple summer instructional camps and participated in 'open' gyms throughout the year. We will also be communicating with 7th & 8th graders to begin their badminton careers with summer camp participation.

The next step for our freshmen, sophomore, junior badminton players is to attend 'Free' summer camps. Seniors are expected to serve as coaches at these camps.



*'Love' for Badminton
has
finally surfaced at TFS*



Special Badminton Points

- Varsity record: 14 Wins/1 Loss
- Loran Pasko , Kym Tisdler and Melissa McNish- qualified for the State Tournament— (Seeded 3rd and 5th)
- SSC Conference Champions. TF South claimed the #1 Singles, #2 Singles, #5 Singles, #9 Singles, #10 Singles, #1 Doubles, #4 Doubles and #5 Doubles Championships !

Winning at the Top !

- Received the IHSA Team Academic Achievement Award AGAIN !
- 'New' Badminton Expectations established for TF South High School.
- Established 'Badminton' contact with the feeder grammar schools. Many 'future' badminton players identified.
- The coaches truly believe that the returning players can't wait for summer camps and the start of next year's 2012 season.
- 'Love for Badminton' has finally surfaced here at TF South !
- TF South Hosted the SSC Conference Tourney and Sectional Tourney this year. TFS Showcase for Badminton
- 2011 SSC Conference Champs were Pasko /Le/ Pollard /Gomez/Leiner/Breshock/Tisdler/McNish/Johnson...WOW !

State Tournament News

EIU May 12-14th ...



TF South returned to the State Badminton Tournament again this year.

Loran Pasko represented TF South at the State Tournament at Eastern Illinois University by finishing 1st at the TF South Sectional at #1 singles. Loran was seeded 3rd in the State. Kym Tisdler and Melissa McNish finished 1st at Doubles and qualified for the State Tourney and were seeded in the 5-8 grouping.

Loran won 5 matches downstate and finished in 2nd place. Tisdler/McNish won 5 matches also, and finished in 3rd place. The team finished 2nd in the state with 11.5 points beating *New Trier* by a 1/2 pt.

A side note to the sectional tournament was that TF South took top honors in both singles and doubles.



Special Thanks to the TFS Booster Club, Besse Shirt & Lettering, and the TFS Maintenance Dept.

Thanks





Time & Commitment has made Badminton At TF South High School Unbelievable !



The TF South Girls Badminton program reached new heights quicker than expected. The Girls Badminton program is now headed in the right direction. The Freshmen Class has provided a strong foundation for the next 3 years. They are definitely a 'special' group of athletes !

Continued support from the Athletic Director and the community, guarantees TFS a program to grow even further. Maintaining the current coaching staff along with making sure the practice facilities are properly utilized will insure TF South with a healthy successful badminton program for many years to come.

Special Mention-Thanks to our PARENTS who supported us during the 2011 season.

"Competent coaching, dedication,, participation in the State Tourney, home invites, administrative support, and winning records all mixed together form a popular and successful high school Badminton program."

Sean Coultas, 2011



*'Whether you think you can
or whether you think you
can't,
you're right!'*



*'It's not whether you win or
lose -
It's whether I win !*



2011 ATTENDANCE

*Bonus days: Sundays 51 Days Possible

Loran Pasko	*54
Jenny Le	*52
Kym Tisder	* 50
Melissa McNish	52
Shannon Pollard	50
Erica Maricich	51
Cassie Breshock	N/R
Andriana Johnson	N/R
Jessica Gomez	N/R
Emily Leiner	N/R
Diamond Craig	46
Michelle Gutierrez	50
Melissa Lopez	51
Rachel Fionda	*49
Kristina Creighton	44 (Injury)
Jose Martinez	*53

Special Awards



MVP: (On Court) - Loran Pasko
(Off Court) - Jose Martinez

MIP: Melissa McNish

Captains: Kym Tisder & Erica Maricich

Conference Champions

Sectional Champions

Loran Pasko #1 Singles

Loran Pasko—Singles

Jenny Le #2 Singles

Tisder/McNish—Doubles

Shannon Pollard #5 Singles

Jessica Gomez #9 Singles

State Tourney

Emily Leiner #10 Singles

Loran Pasko—2nd Place

Tisder/McNish #1 Doubles

Tisder/McNish—3rd Place

Gomez/Leiner #4 Doubles

Johnson/Breshock #5 Doubles



Loran Pasko's 2011 2nd Place at State Recipe for Badminton Success



- Freshmen year: Develop Swing/Footwork/No Backhands
- Extend arm on singles serves—'C' Serve
- Drive game (Daily) All 3 levels—Strength—Hand and Eye
- Use A-B-C Serves—Play Smart
- Jump to corners to execute shots
- Compact swing with wrist pronation—SCOOP SHOT !
- 2-3, 2-2, 1-4 combos
- 4 Corners (Daily) (Sundays !)
- Mental Toughness—Play through injuries and sickness
- Condition—Get Stronger in Game 3
- Hit with Coultas/Conroy/Melissa/Jose (Daily)
- Clinician at Private Badminton Lessons
- Just Win—Baby !

'Setting the BAR very HIGH !'



Nicknames

The Freak

The Train—Keeps Chugging Along

EM

1 Karot

Freshmen Tsunami

Kymie—Shark—Meet Me Halfway

M & M — Pitbull

Polly without Olly Lizzard

Lopie & Guttz Fraulien

A.J.

Indy & Hindy

Poodles

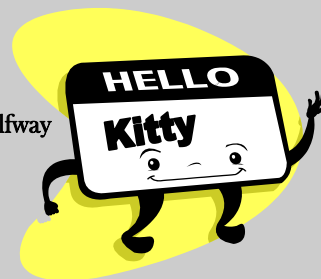
Cobras

Corpie

Bring it !

Fish

Gomee-Licious



GOOD LUCK TO OUR SENIORS: Loran/Kym/Melissa/Diamond/Jose/Jenny

Our SENIORS will be greatly missed.

At the conclusion of every Badminton season, a final farewell to our seniors is a very sad moment. They provided the team with many victories and memorable moments. Loran Pasko, Kym Tisdler, Melissa McNish, Jenny Le, Diamond

Craig & Jose Martinez set excellent examples for the younger players to follow. They had excellent attendance and always conducted themselves as perfect Lady Rebels. Loran, Kymmie, Melissa, Jenny, Diamond & Jose will be moving on to bigger better careers.

WE Will Miss You !

Thank You !

Good Luck !

Badminton—Easy as 2-3, 1-4

And 'C' Serves



We will miss Miriam also !

**Come
Back &
Visit !**

Formula for Badminton Success



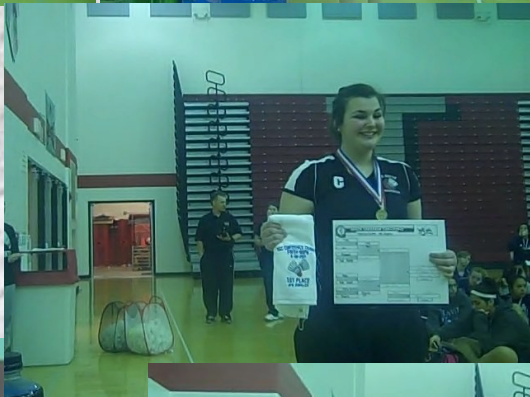
Luck has nothing to do with success in the sport of Badminton. Dedication, knowledge, and hard work all contribute equally to becoming a winning Badminton player.

TF South was lucky to have 3 volunteer/unpaid coaches with vast playing and coaching experience. Having the girls hit with experienced players is the most important element in their skill advancement. (See Loran's Pasko Recipe for Success section - above)

Melissa Murtaugh, Tom Conroy, Debbie Murtaugh, Bob Tengstrand, and male roster participant Jose Martinez provided that extra set of eyes and extra hitting practice. Thanks !









2011 Miracle Season

" I'm so proud—this is the best group of girls I've ever coached"

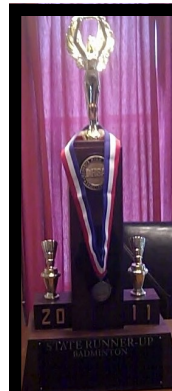
Sean Coultas—Southtown Star Newspaper Quote following the State Tourney 2nd Place finish—May 14, 2011

Dream Year !

- 2nd Place IHSA State Tournament
- SSC 2011 Conference Champs
- 2nd Place Sectionals
- 8 Conference Individual Champs
- 3 Sectional Individual Champs
- 2 Varsity Invite Championships
- 1 Freshmen Invite Champion
- Loran Pasko—2nd Place State Singles
- Tisdler/McNish—3rd Place State Doubles
- IHSA Academic Achievement Award
- Hosted SSC Conference Tourney
- Hosted Sectional Tourney
- Hosted 3 Home Invites
- Fabulous Trip Downstate
- Badminton Towels/Snuggies/Medals
- Talented Freshmen/Sophomore Players
- BEST GROUP of LADY REBELS EVER !

Why ?

- Attend Summer Camps (Free)
- Attend Winter/Spring Clinics
- Open Gyms—Wednesdays (1:50)
- Optional Sunday Training
- Preseason Tourneys
- Badminton Dedication
- 5 Coaches (Volunteers)
- Jrs & Srs helping Fresh & Sophs
- Drills
- 'Toughness' on the court
- Mental Awareness
- Perfect Attendance
- Administrative Support (Marc Brewes)
- Booster Club Support
- Parents Support
- Execution of Match Strategies
- Placing Badminton 1st
- TFS Finally Recognizing Badminton
- 'Badminton Crazy'
- Creating a Tough Schedule
- Responsibility & Respect
- GREAT ATTITUDES !





Take My Breathe Away ?

1. Erica Maricich's 2010 miracle come-back
2. Kym Tisder putting everything on the court to beat Oak Lawn 2010
3. Winning SSC Conference Title
4. Jose's Close defeat at Lisle Tourney
5. 2 Big Home Varsity Invite Wins
6. Home Freshmen Invite Win
7. The Freshmen Tsunami
8. Varsity UNDEFEATED in Conference
9. State Tourney—2nd Place
10. Having an opportunity to coach a great group of female athletes !



SOUTH SUBURBAN CONFERENCE

Champions



Final 2011 Player Records

Name	Singles	Doubles
Loran Pasko	43-3	15-1
Jenny Le	33-8	14-1
Kym Tisder	14-3	38-9
Melissa McNish	13-4	37-9
Shannon Pollard	14-3	31-10
Erica Maricich	10-6	30-10
Cassie Breshock	1-5	3-1
Andriana Johnson	18-11	3-3
Jessica Gomez	13-0	23-5
Emily Leiner	7-1	23-5
Diamond Craig	2-2	2-3
Michelle Gutierrez	7-2	6-2
Melissa Lopez	0-0	6-2
Rachel Fionda	7-2	5-2
Jose Martinez	Undefeated	Undefeated
Kristina Creighton	Injury	Injury
Totals		

Final 2011 Team Records



14 Wins & 1 Loss — Dual Matches

1st Place—SSC Conference—8 Conference Champions

2nd Place—TF South Sectional (13 pts)

2nd Place—State Tournament (11.5pts) - (92 schools)



Final Comments



Badminton may be considered a minor sport, but it plays a major role in the lives of many TFS High School athletes.

The TF South Badminton team is currently trying to earn the respect of the administration, booster club, staff members, SSC opponents, parents, and current and past players.

Those who have played Badminton, LOVE the SPORT—those who haven't, usually criticize the sport without ever knowing the skill involved and the dedication required to be successful.

This year's team was well behaved throughout the season. They maintained their grades and carried a TEAM 3.7 GPA average. That accomplishment has earned them the IHSA Academic Achievement Award for the 2nd straight year..

As I end up my 2nd year of coaching the Rebels Badminton team, I found it to be exciting and enjoyable with many ups and hardly any downs. We have established a strong foundation for Badminton to grow at TF South. Large turnouts with success on the courts as well as in the classroom will be trademarks of our Badminton program for many years to come. Our biggest goal is to maintain excellence and continuity that winning programs all exhibit.

We are proud of our player's attitudes, effort, sportsmanship, and dedication exhibited throughout the 2011 season.

I anxiously await our summer training programs and the start of next year's competition.

Sean Coultas, Head Coach 2011

The 2011 Badminton Season ends with TF South being PROUD of their Badminton Team, PROUD of their Winning Record, PROUD of their Behavior and PROUD of their Academic Excellence exhibited during the 2011 season.



Cool Fact: AVG Varsity TEAM GPA: 3.7

IHSA TEAM ACADEMIC ACHIEVEMENT AWARD Recipient—2years in a row !