



## CountyAthletesProgramme Athlete Profile Form

**Name** Rhys Walker

**Picture**

**Sport** Badminton



**How Long have you been doing your sport?**

5 years

**What influenced you to take up the sport?**

I first starting playing badminton during a family holiday and from there joined a local club in Nuneaton with my older brother, Darren. We both enjoy playing and Darren is now my primary coach and mentor.

**What have you achieved in your sport?**

I am currently the under 15 National singles Champion, a title that I won in March 2008 as an under 14 player, a significant result of which I am very proud.

Nationally, I am the top player in my age group (U14) with a ranking of one in all disciplines ~ Singles, Doubles and Mixed.

I have represented England many times in top European tournaments, the most prestigious being the European under 15 Championships held in Switzerland 2008.

This season I have won gold medals at every national U15 event and internationally in Belgium, Holland and the team gold at the U15 quad held in Scotland.

**What are your future aspirations in your sport?**

I have many stages in my development that include:

- To be the number one GB / England singles player ~ the blue ribbon event.
- To be one of the top 4 players in Europe
- Obtain world class training in Indonesia (Malaysia) and Europe (Denmark)
- Be part of the GB / England team in the junior World Championships
- Enter senior circuit tournaments in GB & Europe
- Enter the senior National Championships
- Enter senior world ranking events in Malaysia, China etc
- Enter the All England tournament
- Compete for GB in the Olympics



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### How often do you train?

I have a busy training schedule as I have been selected onto the Badminton England "world class start" programme.

I train with other England players who are on the programme for 2 hours, twice a week, in Birmingham. Additionally, I have one to one coaching and core stability strength and conditioning training once or twice a week at Esporta, Coventry. I also cycle or run once a week

### Why do you enjoy participating in sport?

Sport is a great way to stay fit and healthy and I personally enjoy the competitive challenges that it brings.

Participating in sport creates long lasting friendships in all of the places that you compete ~ locally, nationally and internationally.

Playing badminton at such a high level helps me to focus on other important areas of my life e.g. school, social etc. Regular training also provides a discipline to my lifestyle. It assists with my personal time management to balance training with school work and exams. Sport helps me to try harder at school.